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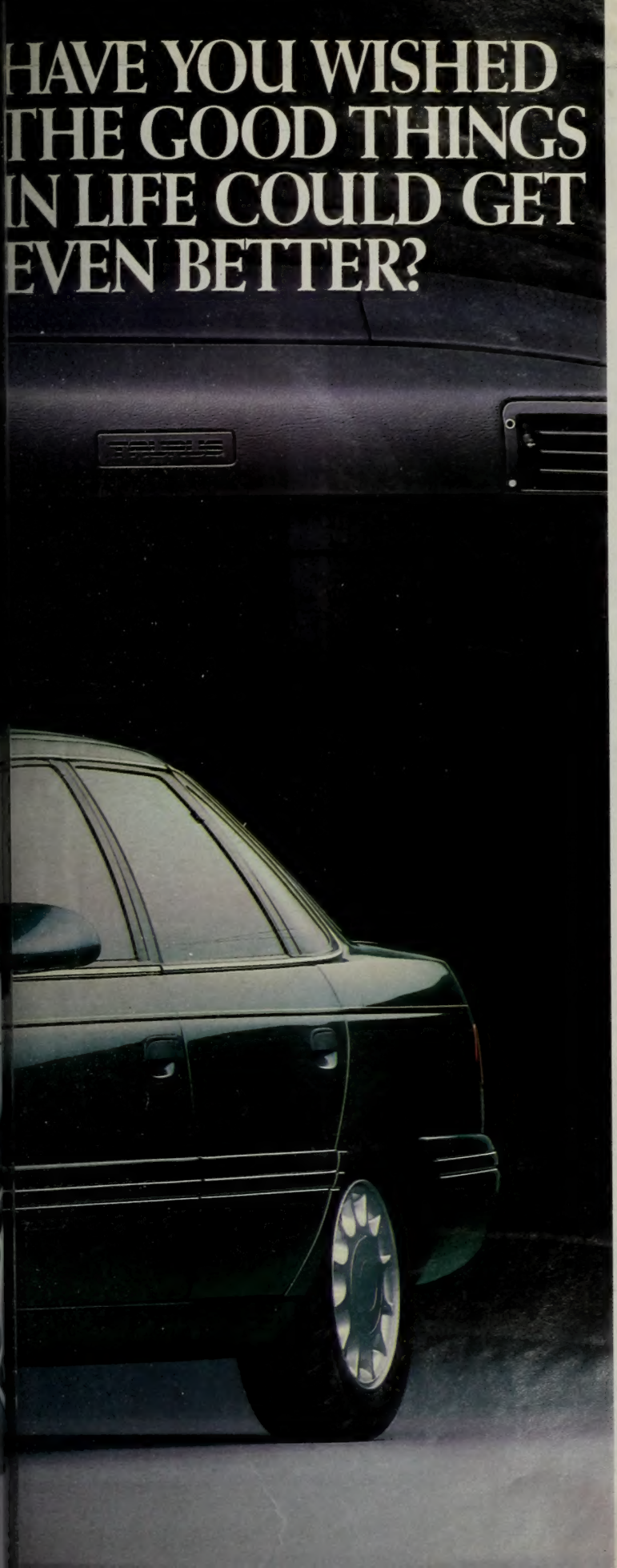
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Better Homes and Gardens

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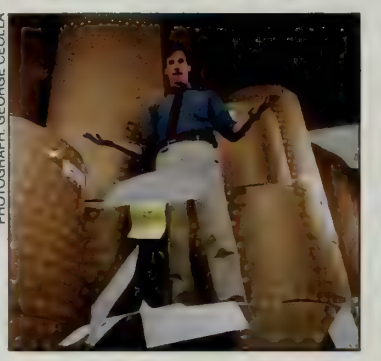
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EDITOR'S LETTER

JANUARY 1992



PHOTOGRAPH: GEORGE CEOLLA

HOW YOUR LETTERS HELP CLEAN UP THE ENVIRONMENT

Dear Readers,

This mountain of magazine paper on which I stand represents just a fraction of the hundreds of rolls of paper it takes to produce our magazine every month. As the environment editor, I'm concerned about these and other resources we use.

In your letters many of you express similar concerns. Our Editor in Chief, David Jordan, asked me to tell you a little more about how magazines affect the environment and what we're doing to reduce that impact.

Clear-cut or harvest. Our suppliers in the paper industry grow and harvest their own trees. They grow slightly more trees than they harvest and have been doing so for most of this century. Old-growth forests, spotted owls, and the redwoods have nothing to fear from magazines.

Recycled paper. In the past, recycled paper was scarce, expensive, and low-quality. But new technology is rapidly solving those problems. Our parent company, Meredith Corporation, is testing a promising new 10 percent recycled paper. It's not yet available in the weight *Better Homes and Gardens*® uses, but if the tests go well, Meredith may use this paper in some magazines soon.

Recycling magazines. Two years ago most magazines were impossible to recycle. Today, thanks to investments by paper companies, there are 23 recycling plants in the U.S. that use magazines as part of their process. Recycling companies predict a shortage of old magazines by mid-decade.

Our green plan. Here at Meredith we've put together a "Green Team," a task force that will explore ways to improve all the environmental aspects of our business. We are also working to meet or exceed the environmental goals set forth by the Magazine Publishers Association, a magazine trade group. Their forward-looking challenge is for publishers to develop programs that conserve resources and minimize contaminants and waste in printing and publishing.

Small steps, steady progress. These small steps don't make big headlines, but progress is being made—slowly and steadily. The process reminds me of the advice given by a famous organizer years ago. When asked how he had won so many political battles, the organizer replied: "I just talk to one person, then I talk to another."

His point was that one-to-one communication, not protests and placards, creates a climate for success. The improvements I've seen in the last two years are a direct result of one-to-one communication: among readers, editors, publishers, printers, and paper companies. The secret is to ask tough questions, but also to listen to and respect the answers.

So keep writing. Things are getting better. There is more work to be done, and we are listening.

Tom Jackson, Environmental Editor

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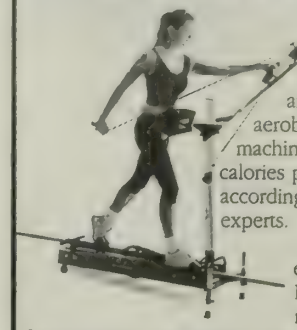
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READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

CONCERNS ABOUT KIDS

As our world shrinks, it becomes more important for our children to learn about others. Once a month our family chooses a country and learns about its geography, climate, and culture. We serve a meal from that country and learn a few words from its language, such as "hello," "please," and "thank you." We've expanded our world view while bringing our family closer together.

Enise Holte
Duluth, Minn.

Our neighbor's 5-year-old daughter plays nicely with our 9-month-old son. The problem was when she began coming over four and five times a day, waking our son from his naps. Now she and I have our own special code. When he's awake and able to play, I put a red ribbon on the doorknob.

Judith J. Kinnavy
Lombard, Ill.

My teenage daughter loves rock music. Although her father and I don't believe in censorship, we disapprove of some of the lyrics in these songs. How can we talk to her about this without alienating her and sounding old-fashioned and square?

Portia McManus
Albuquerque, N.M.

Each morning my 4-year-old daughter is determined to choose her own outfit for the day. I can't help but wince at the color and pattern combinations she picks out. I solved this problem by coordinating her outfits and placing them on separate hangers. Then, I let her choose any hanger she wishes. On laundry day I make new combinations so she feels she's choosing different outfits all the time.

Carrie Becker
Pittisford, Vt.



My niece is only in the second grade and already she's experiencing name-calling and exclusion by classmates because she's chubby. I know we cannot shelter children from the insensitivity of others, but already she wants to drop out of certain activities. Also, she sits alone at recess, preferring isolation to painful barbs. What can I do or say to show her she's wonderful and unique just the way she is?

Diana Mover
Louisville, Ky.

One morning my 7-year-old son said he wasn't feeling well, and couldn't go to school. It wasn't long, however, before he felt well enough to get out of bed. Since it was my cleaning day, I said, "Oh good, you can help me." He washed the kitchen floor, the bathroom floor, and the baseboards. Then he shook out rugs, folded laundry, and emptied the trash. He never again told me he didn't feel well enough to go to school.

Ruth M. Happersett
Cherry Hill, N.J.

My youngest daughter was having difficulty adjusting to first grade. She missed our time together. To help her over the hurdle, I gave her a locket with a picture of her daddy and me inside. She opened it quite often during the first days of school. Eventually she became so comfortable she could wear it without opening it at all.

Sandra E. Mahon
Pittsburgh, Pa.

Our daughter loves to cook but hates to read. To help remedy this, we now ask her to read her recipes and then get out the utensils and ingredients she will need—by herself. We supervise all the measuring before anything is added. Doing this has helped her with her math.

Dolores Forbes
Fresno, Calif.

My baby girl used to wake up with a leaky diaper every morning. She always sleeps on her stomach, and since "boy" diapers are supposed to add extra protection in the front, I tried them on her at night. No more changing sheets each morning. They worked wonderfully.

Mary Bocko
Lubbock, Tex.

Most parents are concerned about how much TV their kids watch. We have set aside one day a week, Wednesday, as "No TV" night. We play a game, do a craft, bake, or start a project as a family. Our children have started to ask when it will be Wednesday again. As a result, we've started having more and more "Wednesdays" around our house.

Jan Voikles
Westlake, Ohio

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published. BH&G

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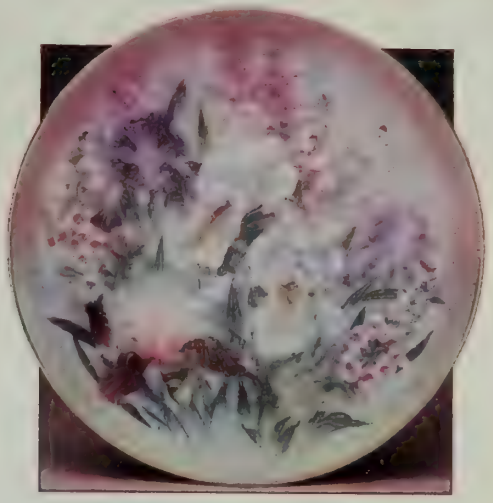
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"Iris Quartet"

22-karat gold rim and gold highlights
Shown smaller than actual diameter of 8½ inches
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In a hushed garden, the irises "sing" in colorful harmony. . .
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e morning air is calm, hazy with sunlight and rich th fragrance. Here, nature's peaceful harmony is at its ost lush.

Now, this eloquent testament to the glory of nature has en captured by artist Lena Liu and re-created in a fine- rcelain collector's plate. "Iris Quartet" is available now – d it looks like a smart buy. Here's why Bradford ommends it:

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t's an impressive work of art. Created from an original rk by acclaimed artist Lena Liu – employing the ancient iental technique of painting on silk. Attesting to its portance, each plate will be hand-numbered and ompanied by a Certificate of Authenticity.

t has the potential to appreciate in value. The edition "Iris Quartet" is limited to a maximum of 150 firing days. ce the edition closes, collectors' demand could exceed supply of plates, and asking prices could be forced up.

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Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. No one can predict with certainty how a plate will perform once the edition closes. Many appreciate in value; many others consistently trade at or near issue price; and, of course, some go down. But right now, Bradford Exchange analysts rate "Iris Quartet" as one of the year's top prospects. . .and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Iris Quartet" at its $29.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Iris Quartet" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report Vol. III-7.

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Here's how the program works: As you move through the program, you'll accumulate activity "credits." A portion of your credits will come from walking. But there are dozens of electives—pleasurable ways to garner credits—so you'll never find yourself in a rut.

To top it all off, we've developed a short graduate course in hearty, healthful eating. Add this advanced degree to your diploma and you're set for life. There's even some extra credit: a handy list of good-for-you snacks to post in your kitchen.

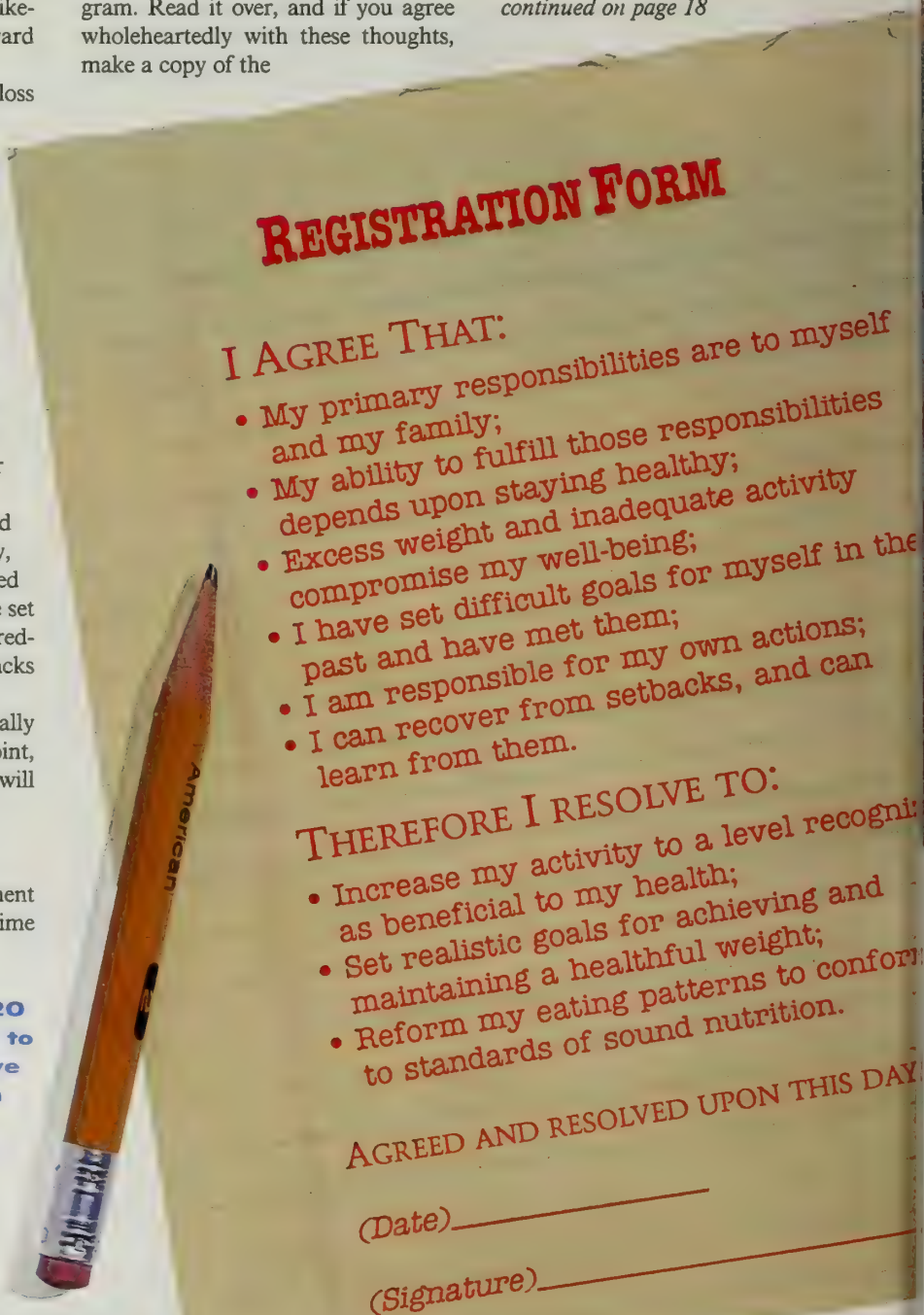
Over time, you'll build up gradually to 20 credits per week. At that point, your Fit and Trim way of living will be second nature to you.

READY TO REGISTER?

Higher education is an investment that requires a commitment of time and energy on your part. Our registration form (*below*) is a token of your commitment to the Fit and Trim program. Read it over, and if you agree wholeheartedly with these thoughts, make a copy of the form, sign and date it, and post it in a place where you will see it—and be motivated by it—each day.

continued on page 18

Right now, you are just 20 credits shy of graduating to a trimmer, more attractive you. Our unique program teaches you a way of living that brightens the spirit and adds energy to your step. It may even keep your youthful light burning years longer.



PHOTOGRAPHY: DEAN TANNER



WHY A GLASS OF ORANGE JUICE IS 100 CALORIES* WORTH COUNTING.

Orange juice is 100 calories that count for a lot.

It's got potassium, a mineral you need for normal muscle functioning. It has folic acid, which helps make new cells—including red blood cells. OJ helps your body absorb iron. It exceeds the recommended daily requirement for Vitamin C. And it's naturally fat-free and cholesterol-free.

All of which makes orange juice a perfect way to round out a healthy diet. And its bright, sunny taste puts it among the most delicious 100 calories you'll ever have.

100% pure
FLORIDA'S SEAL OF APPROVAL

A PRODUCT OF THE FLORIDA SUNSHINE TREE

FLORIDA QUALITY ORANGE JUICE. IT MAKES YOU FEEL SO GOOD.

* 0 calories per 7 ounce serving

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continued from page 16

WELCOME TO CAMPUS

The benefits of fitness go far beyond dropping a dress size—and they last a lifetime. Research studies reveal that trimmer, fitter folks have healthier hearts, brighter outlooks, and better odds of avoiding a host of debilitating diseases like diabetes, arthritis, and osteoporosis (the brittle-bone disease).

Unfortunately, the quick-fix programs we all love often produce the opposite result. Unaccustomed to the stresses and strains, our bodies break down rather than build up.

Moderation is the key to avoiding the injuries that plague the weekend warrior and the hasty harrier. By gradually increasing your activity level—and by avoiding drastic calorie cuts—you'll find that good results will follow automatically.

FITNESS 101

In the largest exercise study ever, Ralph Paffenbarger of Stanford University looked at the lives of 23,000 men, mostly Harvard alumni. His ground-breaking research showed that those who burned about 2,000 calories a week enjoyed close to the maximum beneficial effects of exercise. (Burning more calories gives only minimal added benefits. And other studies have shown that overdoing exercise increases your odds of muscle and joint injury.)

In later studies, other researchers have found that *any* amount of activi-

continued on page 20

COURSE CATALOG

REQUIRED COURSES:

Walking 1: Walk 1 mile daily until able to complete course in 15 minutes or less. Credits: 1 per mile walked. Walking 2 (prerequisite, Walking 1): Walk 2 miles every day until able to complete course in 30 minutes. Credits: 1 per mile walked. Walking 3 (prerequisite, Walking 2): Walk 3 miles, 3 times per week, until able to complete course in 45 minutes. Credits: 1 per mile walked.

ELECTIVES:	CREDITS PER HOUR
Easy Walking	2
Housework	2
Light Garden Work	2
Golf (walking)	3
Brisk Walking	3
Badminton	3
Horseback Riding	3
Ice Skating	3
Digging/Chopping Wood	4
Vigorous Dancing	4
Tennis (singles)	4
Rowing	4
Football	4
Easy Jogging	5
Downhill Skiing	5
Soccer	5
Racquetball	5
Swimming	5
Cross-Country Skiing	6
Handball	6
Brisk Jogging	6
Brisk Cycling	6

Note: Unless specified, activities should be performed at a moderate level. You can take partial credit for activities lasting less than 1 hour (1/2 credit for 30 minutes, for example), but don't take credit for less than 20 minutes.

Q: How long will it take to get fit?

A: Starting from a minimal fitness level, figure on 12 to 16 weeks before you consistently handle 20 activity credits a week.

Q: What's the best way to minimize injuries?

A: Four suggestions: start slowly; build intensity over time; wear shoes and clothing appropriate to the activity; stop the moment you feel pain or unusual discomfort.

Important Note: Before beginning any exercise program, it's a good idea to check with your doctor. This is particularly important if you are over age 35 and haven't exercised recently, or if you have any chronic illness or medical history of serious illness.

Hostess® Lights Twinkies® and Cup Cakes are low in fat, have no cholesterol and no tropical oils.



But kids couldn't care less.

Kids don't worry about fat, cholesterol, or tropical oils. So you have to. That's why we made Hostess® Twinkies® Lights and Cupcake Lights. Great tasting sweet snacks you can feel good about serving. And your kids can feel good about eating.



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30¢ 30¢

Save 30¢ on any Hostess® Lights Family Pack

CONSUMER: Limit one coupon per purchase of product specified. Any other use constitutes fraud. Void if copied, transferred, prohibited, taxed or restricted. Consumer pays sales tax.
DEALER OR AUTHORIZED CLEARINGHOUSE: You will be reimbursed for face value plus 8¢ handling if received on sale of product indicated. Invoices showing purchases sufficient to cover coupons submitted must be presented upon request. For reimbursement mail to Continental Baking Company, P.O. Box 19009, Nogales, AZ 85662. Failure to comply with these terms; the submission by an authorized party; or submission of void coupons may, at Continental Baking Company's option, void all coupons submitted for redemption. Good only in U.S.A., A.P.O.'s and F.P.O.'s. Cash redemption value 1/20¢.
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The sweet snacks you can say Yes to.™

992, Continental Baking Company

FIT AND TRIM

continued from page 18

ty improves your odds of staying healthy and able into your later years. The real key, it seems, is regularity. Regular activity, even a little, is better than none (or infrequent bursts).

LET'S GET STARTED

The two keys to the program are the required courses (Walking 1, 2, and 3) and the electives (Course Catalog, *page 18*). Using the Report Card at the bottom of this page, you will record how many credits you receive for each course of activity.

Each activity credit represents roughly 100 calories burned. Thus, in accumulating 20 credits, you will approach, or slightly surpass, a 2,000-calorie goal for each week. Bear in mind, however, that your actual expenditure of calories depends on how vigorously you approach the activity (and, to a lesser amount, your current weight—heavier folks burn more calories than lighter people). The only exceptions to this rule are Walking 1, 2, and 3. Whether you walk fast or slow, you'll burn roughly 100 calories per mile walked.

Feel free to make copies of the report card. Although your goal is 20 credits per week, you'll want to start off slowly—even three or four credits is enough. Try to add one credit a week until you reach 20 credits.

WALKING 1

Prerequisites: Using your car's odometer, measure out a one-mile course, as level as possible. (Bonus points if your course is easily accessible and safe at any time of day.)

Begin: Walk your course at a steady, comfortable pace. Ideally, you will walk your course every day.

Final exam: When you can walk your course in 15 minutes or less, proceed to Walking 2 (see Course Catalogon *page 18*).

Credits: Give yourself 1 credit for each mile walked.

GRADUATE SCHOOL

Our graduate program in nutrition will have you eating your fill without threatening your health. The key is to reduce fat consumption. Even without counting calories, you'll find yourself moving toward your desirable weight once you limit your intake of calories from fat. And by substituting lower-fat alternatives, you can eat to your heart's (and stomach's) content.

MENU PLANNING 501

To plan healthful meals at home or in restaurants, start with vegetables, whole grain foods (bread, pasta, rice, noodles), and

continued on page 23

Q: Is weight-lifting helpful?

A: Yes. Properly done—which means after coaching by a qualified instructor—muscle-build activities can improve sports performance and lower your risk of back problems and injuries. Don't start without good help, however.

Q: Should I stretch before I exercise?

A: Fitness experts are torn on the value of stretching. Some researchers feel the process is overrated. Everyone agrees, however, that improper stretching leads to injuries. To minimize dangers, warm up slowly before you start a workout. Light jogging or practicing movements appropriate to the activity are good warm-ups. Stretch at the end of your workout. Always perform stretches slowly; don't bounce!

A+

REPORT CARD

Week_____

	Walking Credits	Activity #1 Credits	Activity #2 Credits	Activity #3 Credits	Total Credits
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Mix and match your activities to accumulate 20 credits weekly, but include walking at least three times. You'll do the most good if you distribute credits evenly over the whole week.



No One Has Made More House Calls.

When it comes to relieving coughs, Robitussin® always comes through. Which may explain why more doctors and pharmacists recommend it than any other cough medicine. And why more mothers have made Robitussin the medicine they call on to doctor their family's coughs —any hour of the day or night. Which Robitussin is right for you? Ask your doctor or pharmacist. Use only as directed.



Recommended by "Dr. Mom"

The makers of TYLENOL® want you to know more about...

Stress And How To Live With It.



Stress is a stimulus in our environment that is felt by all of us. Some people can experience a great amount of stress and respond in the normal way. For others, stress manifests itself in physical and emotional ways.

Some stress is good.

Stress can help us deal with everyday life and sudden emergencies. It can stimulate us to manage life's problems, and adapt to changing influences.

Normal stress can be equated with the normal stimuli of life. Without some degree of stress, we might not get up every day and go to work.

Excess stress can be a problem.

Almost everyone is faced with an excess of stress at times. But we can learn to handle it and make it manageable. To people less able to deal with a lot of stress, changes can occur in body chemistry which can result in headaches or stomach irritation.

The problem with some pain relievers.

The headaches that result from stress can usually be relieved with over-the-counter pain relievers. Trouble is, if you're one of those people whose stomach irritation is caused by stress, the aspirin or even ibuprofen you take to relieve your headache can irritate your stomach more.

What pain reliever should you take?

Doctors know that TYLENOL won't cause the stomach irritation that aspirin and even ibuprofen can. Talk to your doctor, and learn how to deal effectively with your headaches without the risk of stomach irritation—even though you lead a stressful life.

Other ways to handle stress.

To reduce tension within yourself, you might consider exercise programs to help you relax.

Spend time with the books you've been promising to read. Listen to music. Take a walk.

But, when other ways of relieving stress don't work and you have to deal with a headache, remember TYLENOL.

It'll help you handle the pain without the risk of stomach irritation.



THE PAIN RELIEVER HOSPITALS USE MOST

Use only as directed. © McNeil 1990

Shopping List

Make up your weekly shopping list from this collection of best bets.

PRODUCE
Anything fresh ✓

CANNED GOODS
No- or low-salt-added vegetables
Juice- or water-packed fruits
Water-packed seafood

MEAT
Lean beef (round, sirloin tip, flank)
Lean pork (loin, low-fat ham, Canadian bacon)
Veal
Light-meat poultry ✓

DAIRY
Skim-milk products
Low-fat cheeses (cottage, mozzarella)
Non-fat yogurt
Lower-fat sour cream

BAKERY
100% whole grain breads and rolls
Pita bread
Bagels
French/Italian bread

FROZEN FOODS
Plain vegetables/fruit
Ice milk or sherbet

SNACKS
Low-salt pretzels
Rice cakes
Plain popcorn

FIT AND TRIM

continued from page 20

fruit. Then add a moderate portion (3 to 4 ounces) of a protein food like lean meat, fish, poultry; cooked dry beans (1 cup); skim-milk products (8 ounces); or peanut butter (2 tablespoons).

When dining out, good choices include clear soups; meat, fish, or poultry baked or broiled without added fat; and vegetable salads. Ask for sauces and butter on the side, and use them sparingly.

FOOD PREP 501

To minimize fat in foods, try these cooking methods:

- "Sauté" foods in a bit of broth instead of butter or oil
- Broil meats after marinating them for several hours
- Stir-fry with nonstick cooking spray, or a teaspoon of oil
- Steam vegetables to retain color and flavor
- Roast meat on a rack so fat drips away
- Poach fish or chicken in water, broth, or tomato juice.

To add flavor without fat, season with herbs, spices, flavored vinegars, or a few drops of soy sauce or a pinch of bouillon granules.

SEMINAR: WONDERS OF THE FOOD WORLD

Make the effort to eat these foods regularly. In addition to their illness-fighting qualities, these foods fill you up without adding fat to your plate.

1. Cabbage, cauliflower, and broccoli. These foods contain chemicals thought to protect against cancer.

2. Dried beans. Besides serving up protein without gobs of fat, beans contain so-called soluble fiber which helps fight heart disease.

3. Salmon, mackerel, tuna, herring, and sardines. All are good sources of heart-healthy omega-3 oils.

4. Whole wheat bread. All whole-grain foods—along with many fruits and vegetables—are a good source of insoluble fiber, the kind that may protect you against colon cancer.

Of course, no one lives by broccoli alone, so we've compiled a list of snacks you can count on.

continued on page 26



Q: How will I know if my workouts are doing any good?

A: The easiest measure is called the "perceived exertion" test. If you would self-rate your workout "somewhat hard" or "hard," you're working at a suitable level. Workouts you rate "light" or "very hard" are out of the desirable bounds. It sounds silly, but research backs up this useful rule of thumb.

Q: Do I need water while jogging in cold weather?

A: Yes, drink before, during, and after all workouts. Prevent dehydration by taking cold water before you start to feel thirsty, regardless of when and where you exercise.

ALL DO'S. NO DON'TS.



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How'd You Do Your Dole Today? Dole produces over 150 deliciously healthy products – almost everything you could want to help you eat well and feel good. From the freshest fruits and vegetables to the purest juices to the choicest dried fruits and nuts to our ever-popular canned fruit, we make it easy to do your Dole every day.


Dole
PURE LIGHT
Orchard Peach
100% FRUIT JUICES
Dole
PURE LIGHT
Dole
Pine-Orange Banana Juice
Dole
100% PURE UNSWEETENED
Pineapple Orange Juice
Dole
PURE LIGHT
Dole
PITTED DATES
Dole
Dole
Dole

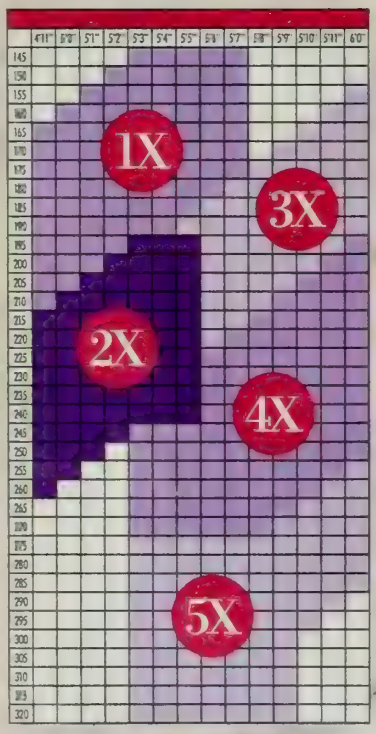
Call 1-900-386-7000 For Your Free* Fitting Pretty® Queensize Pantyhose!

You'll get a free pair of Fitting Pretty Queensize Pantyhose (sugg. retail value $3.95) when you make a 95¢ phone call to 1-900-386-7000. Fitting Pretty is fashion hosiery for the full-figured woman, available at fine department and specialty stores. When you call, please clearly state the following information:

NAME, MAILING ADDRESS, CITY, STATE, ZIP CODE, AREA CODE & PHONE NO.

SIZE: 1X, 2X, 3X, 4X, 5X
(Please refer to size chart below.)

COLOR CODE: BARELY BLACK®(A1) OR BARELY THERE®(A2)



Hanes HOSIERY

*Cost of the phone call is 95¢. Offer expires Feb. 28, 1992, or when 225,000 pairs of hosiery have been given away. One free pair per name and address. Duplicate or incomplete calls will not be fulfilled. Note: If you call from a business phone and the line rings busy, you may want to call again from your personal phone. Offer good only in U.S.A. Offer void where taxed or prohibited by law. Please allow 6–8 weeks for delivery.

©1991 Hanes Hosiery, Inc.

continued from page 23

Extra Credit

FLAVORFUL SNACKS WITH FEWER THAN 50 CALORIES

Clip this list of good-choice snacks and keep it posted inside a cupboard or on your refrigerator.

SAVORY SOMETHINGS

Corn tortilla; one 6 inch, with 2 tsp. salsa..... 41
Celery stalk with 1 tsp. peanut butter..... 38
Popcorn; 1 cup, plain, air-popped..... 30
Pretzels; 4 large, thin, twisted..... 48
Plain rice cake with 1 tsp. reduced-calorie cream cheese..... 46
Lean turkey breast; 1 thin slice, wrapped around a dill pickle..... 34
Wheat crackers; 5 thin..... 44

GARDEN SMARTS

Carrot; 1 large..... 31
Cauliflower; 1 cup raw flowerets..... 24
Cucumber; 6 large slices with 1 Tbsp. reduced-calorie buttermilk dressing..... 26
Blueberries; 1/2 cup fresh..... 41
Strawberries; 1 cup fresh, whole..... 45
Peach; 1 medium..... 37
Pineapple; 1/2 cup fresh, chunks..... 38
Red or green grapes; 10 seedless..... 40

SWEET EATS

Frozen fruit-juice bar (1.75 oz.)..... 45
Graham cracker; 1 square..... 30
Unsweetened applesauce; 1/2 cup... 50
Vanilla ice milk; 1/4 cup..... 46

SHORT SIPS

Grapefruit juice; 1/2 cup, fresh or canned, unsweetened..... 48
Hot cocoa; made from 1 pkg. instant low-calorie cocoa mix..... 48
Lemonade; 1/3 cup, from frozen concentrate..... 38
Low-calorie cranberry juice cocktail; 3/4 cup, from frozen concentrate..... 4
Skim milk; 1/2 cup..... 4
Orange juice; 1/3 cup..... 5
Tomato juice; 1 cup..... 5
Tonic water; 1/2 cup..... 5



When you get the munchies between meals, reach for a low-calorie nibble to tide you over. Choose from this list of over 25 savory to sweet snacks.

Free* Fitting Pretty® Queensize Pantyhose!



Call 1-900-386-7000 For The Fit To Be Tried.

You'll get a free pair of Fitting Pretty Queensize Pantyhose when you make a 95¢ phone call to 1-900-386-7000. Fitting Pretty is fashion hosiery for the full-figured woman, available at fine department and specialty stores. To determine your size, see the size chart on the opposite page.

Look for Fitting Pretty Hosiery on sale at fine department and specialty stores during Hanes® Anniversary Sale Dec. 26 – Jan. 5.

1 Hanes Hosiery, Inc.

COLORS-OF-FRIENDSHIP QUILT

Original folk-art design



PHOTOGRAPH: PERRY STRUSE; QUILT DESIGN: JIL SEVERSON AND KATHY MOORE.

Women, men, and children with arms stretched out in friendship form families of all sizes. Personalize the quilt by changing the number and arrangement of blocks to fit your own brood.

Bright, happy figures reach out in peace on our machine-stitched quilt and pillows. Done up in bold Amish hues, these folk-art families join hands across the field, extending their friendship to people of all colors.

The "stick figures" of our original strip-pieced design stitch up quickly into 12-inch blocks to stand alone as pillows or unite as a quilt. Made of reduced-size adult blocks, the children's squares can be sewn in any combination of one to four boys and girls. Tailor the quilt to your family by detailing each block with special colors, embroidery, and trinkets. For a true friendship quilt, turn this into a group project, having each member sign his or her block.

continued on page 30

Buying information, page 110



ade with gently steamed tobacco for a uniquely rich taste.
s not just a cigarette.

It's a few minutes of your own.

URGEON GENERAL'S WARNING: Smoking
y Pregnant Women May Result in Fetal
njury, Premature Birth, And Low Birth Weight.

Lights 120's: Regular: 12 mg. "tar," 1.0 mg. nicotine; Menthol: 11 mg. "tar," 1.0 mg. nicotine; **Ultra Lights 120's:** 5 mg. "tar," 0.5 mg. nicotine, av. per cigarette by FTC Method.

COLORS-OF-FRIENDSHIP QUILT

continued from page 28

Materials: 45-in.-wide fabric in following colors and amounts: 1⅝ yd. each red, green, and blue, 2¼ yd. mustard, 2¾ yd. fuchsia, 5 yd. muslin, 5¾ yd. backing; 11 yd. 2¼-in.-wide self-made or purchased binding; 96×108-in. batting; cardboard or plastic for templates; clear nylon thread; matching threads.

Instructions: Finished size, approximately 85×98 in. Finished block size, approximately 12 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowance. *Note:* Cut all fabrics for each block on same grain line.

Strip-piecing is used to construct all blocks except women's and girls' skirt rows. For these pieces, follow the appropriate patterns, adding ¼-in. seams to all sides before cutting.

Cutting: Dimensions given are for 1 block. For strip-piecing, multiply by number of blocks to be made of each color to obtain length of fabric pieces to be used for strip-piecing. See diagrams for details. For skirt pattern pieces, enlarge woman block diagram Row D (*above right*) and girl square diagram Row D (*below right*) to scale.

Man block: Row A: 2 muslin pieces 5½×2½ in., 1 color piece 2½×2½ in.

Row B: 2 muslin 6×1½ in., 1 color 1½×1½ in.

Row C: 1 color 12½×1½ in.

Row D: 2 muslin 4½×3½ in., 1 color 4½×3½ in.

Row E: 2 muslin 4½×5½ in., 1 muslin 1½×5½ in., 2 color 2×5½ in.

Woman block: Row A: same as for man block.

Row B: same as for man block.

Row C: same as for man block.

Row D: 2 muslin G pieces, 1 color H piece.

Row E: 2 muslin 4½×2½ in., 1 muslin 1½×2½ in., 2 color 2×2½ in.

Boy square: Row A: 2 muslin pieces 3×1½ in., 1 color 1½×1½ in.

Row B: 2 muslin 3¼×1 in., 1 color 1×1 in.

Row C: 1 color 6½×1 in.

Row D: 2 muslin 2½×2 in., 1 color 2½×2 in.

Row E: 2 muslin 2½×3 in., 1 muslin 1×3 in., 2 color 1¼×3 in.

Girl square: Row A: same as for boy square.

Row B: same as for boy square.

Row C: same as for boy square.

Row D: 2 muslin I pieces, 1 color J piece.

Row E: 2 muslin 2½×1½in., 1 muslin 1¼x1½ in., 2 color 1¼×1½ in.

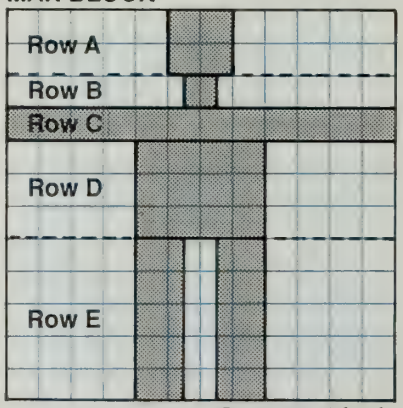
Cut 6½ in. squares of all colors for use with boy and girl squares.

Cut sashing strips from mustard as follows: thirty-five 1½×12½ in. and six 1½×78 in.

Cut fuchsia borders as follows: two 4×91 in. for sides and two 4×85 in. for top and bottom.

Piecing: For man blocks: For each strip set, sew strips together along long edges for each row. Cut strip set into number of rows needed for desired blocks, adding ½ in. to each row for seam allowances. Make a strip set for each row in same manner.

FRIENDSHIP QUILT
MAN BLOCK



1 Square= 1 Inch

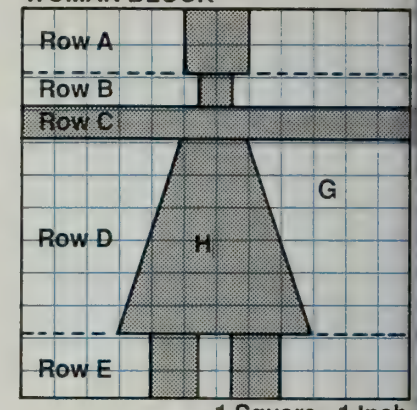
Sew strip set rows together horizontally to form block. See diagram (*above*) for detail. Repeat for boy squares.

For woman blocks and girl squares, strip-piece Rows A, B, C, and E as above. For Row D, sew pieces together according to diagram.

For child blocks, randomly mix boy, girl, and solid squares to form finished block.

Assembly: Quilt top is made up of 7 horizontal rows with 6 blocks in each row. Sew blocks in man-woman-child order, repeating across row and placing sashing strip between each block. Begin next row with woman and continue order, ending with man. Begin third row with child block and continue order, ending with woman block.

FRIENDSHIP QUILT
WOMAN BLOCK



1 Square= 1 Inch

Repeat pattern for remaining rows.

Sew horizontal sashing strips to lower edge of each row. Join rows into quilt top. If necessary, trim sashing strips. Sew top and bottom borders; add side borders. Trim if necessary.

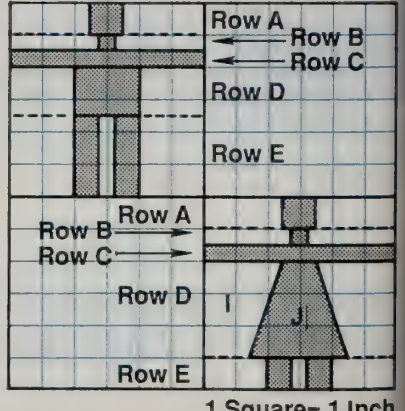
Cut backing in half crosswise. Sew long edges together for center seam.

Sandwich batting between quilt top and backing. Pin or baste together, working from center and going out. Quilt along sashing strips and along borders or as desired.

With wrong sides together, fold binding in half lengthwise. Having quilt top and binding raw edges even, sew binding to quilt top. Trim excess batting and backing. Turn to back; slip-stitch folded edge over seam line.

If desired, personalize blocks with embroidery or additional quilting.

FRIENDSHIP QUILT
CHILD BLOCK



1 Square= 1 Inch


Destined to take its place among
the most coveted
porcelain dolls ever made.
Shown smaller than actual size of approximately
20" in height, including crown.

TAMING YOUR 2-YEAR-OLD

How to get your toddler to behave at home



Controlling a spirited 2-year-old is one of parenting's biggest challenges. In public it can be a nightmare (see December 1991 issue). At home, free from distractions, the job is more manageable. Still, there's no magical trick to gaining complete control over your tyke. There are, however, ways you can improve your chances of getting toddlers to do what *you* want.

THE THREE Cs

One simple idea for making your life easier at home is to remember the "Three Cs" of effective communication: *clear*, *concise*, and *commanding*.

Be clear. First, make things clear to your child with concrete and specific language. For instance, avoid phrases such as, "Mommy wants you to be a good boy during dinner, OK?" Instead, tell your little bull-in-the-china-shop-of-life exactly what you want him to do—and keep it simple. Rather than rattle off a list of seven dos and don'ts, try stating just one. Say, "You must stay in your chair."

"But," you might object, "I want him to stay quiet, not play with his food, and on and on and on."

Unfortunately, toddlers can't remember all that. As a result, they won't cooperate in any of it. You're better off expecting them to remember just one important thing.

Speaking clearly also involves scratching the word "don't" from your vocabulary. Two-year-olds have difficulty grasping what it means. When you say, "Don't climb on the table," your 2-year-old hears, "*Gibberish* climb on the table." So, he or she climbs on the table. You might, instead, say, "No!" and quickly remove him or her from the table. Or, you could just say, "Get down."

Be concise. You may have already figured out that to be clear you must also be concise. Don't use 50 words when a mere five will do. Besides, with a child of this age, if five words won't do, then no number will.

Being concise also means *not* explaining yourself. Two-year-olds understand instructions, but they don't understand explanations. Again, take the example of a 2-year-old boy who's climbing on a table. He'll understand a firm "Get down," but won't comprehend "Sweetie, you need to get down from the table because you could fall and hurt yourself and we'd have to take you to the doctor and that would make Mommy sad."

In such a case, your child will only hear, "*Gibberish* table, *blah, blah* fall, *blah, blah* hurt, *gibberish* Mommy." So, do yourself and your child a favor and stick to "Get down."

Be commanding. This brings us to the last of our Three Cs, commanding, the opposite of wishy-washy.

You're wishy-washy when you plead, bargain, bribe, or threaten. On the other hand, you're commanding when you preface what you want with either "I want . . ." or "You must . . ." or something equally assertive. So, instead of saying, "If you'll pick up all your toys, I'll give you some ice cream," try this one: "You must pick up your toys now."

The commanding approach may feel uncomfortable at first, but it is a favor to your toddler.

WHEN ALL ELSE FAILS

As you might expect, there will be occasions when you follow the "Three Cs" but your toddler just stands there and looks at you as if to say, "Make me."

That's when you wait for a *strategic opportunity.* Here's how it works: Instead of launching yourself into battle with your toddler, leave the toys where they are, and bide your time until the child wants something from you. Later, when young Sarah asks you to read her a story, take her by the hand, walk her over to the toys that are scattered on the floor, and say, "Before Mommy can read you a story, you must pick up these toys." And she does. Maybe. BH&G



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*


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Personality DECORATING



BY SANDRA S. SORIA

As a CNN producer, Wendy Walker spends her time chasing the news wherever President Bush makes it, from Maine to Moscow. Despite an exotic itinerary, she relishes the return to her Washington, D.C., bungalow, where the things she loves greet her as warmly as a hug. Ready to give your house that no-place-like-home feeling? Read on.

Accessories give a small house grand style

PHOTOGRAPHS: TIM FIELDS. REGIONAL EDITOR: EILEEN A. DEYMIER



Think big in small rooms. Before Wendy could personalize her home with finishing touches, she needed a wardrobe of basic furniture to fit the tight space. Flexible, cushiony modulars offer ample seating and ease room arrangement

headaches. Despite its small scale, the dining table lends the grandeur of antiquity.

Let the buyer be aware. Practice makes Wendy—a confessed power shopper—able to spot a perfect accessory. "It takes patience to comb

"I try to use the things I love as furniture and accessories . . . a sculpture

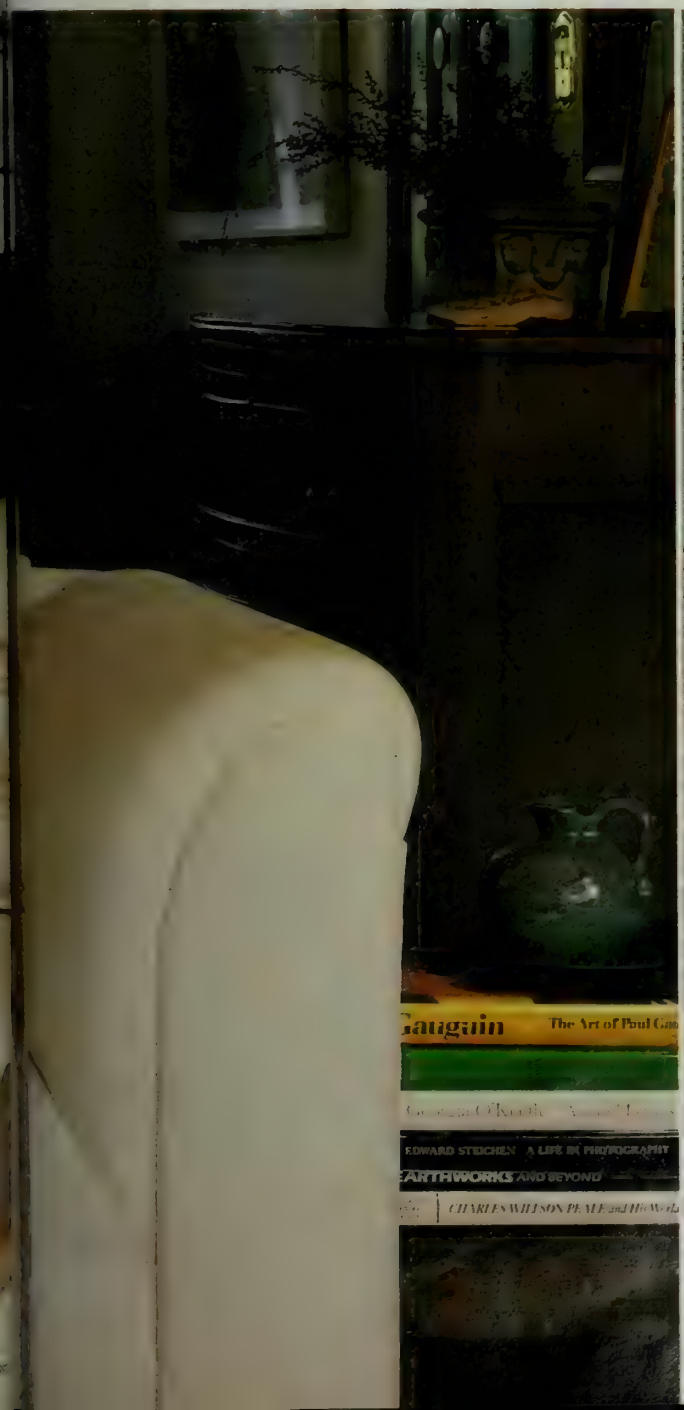


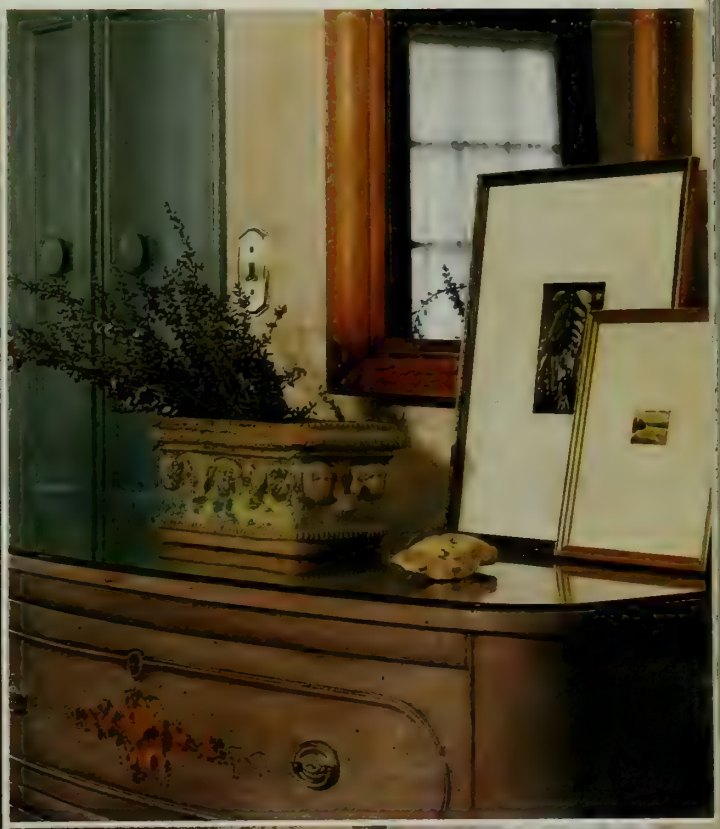
through the junk in a flea market or dusty antiques store," she says, "but that's how to learn to spot a fine object." Don't be as concerned with narrow style categories, Wendy advises, as you are with discovering your true loves.

Let each piece have its place. By classifying her accessories—fine objects to the living room, funky stuff out to the kitchen, and personal items up to the bedrooms—this owner organizes her small home. "I think of my living room as an art gallery," Wendy says. "I pick shapes and colors that complement each other, and give them enough room to stand out." Washed colors and clean shapes keep the tiny room clutter-free.

Use items out of context. For a personal touch, Wendy recasts old objects in new roles: a painted bedroom chest stashes dinnerware, a childhood toy turns into table art, and a worn farm stool becomes an end table.

becomes a coffee table, and a favorite toy turns into a centerpiece."







Personality

DECORATING

Get personal. To give boxy rooms personality, Wendy puts herself in the picture. On her dressing table, she parades her life and loves with photos and silver collectibles. A big painting and handy bench add more character than a headboard.



"Most things in my home have little stories attached to them. Being with them is comforting, like being surrounded by friends with whom you share a history."



Give your room a focus. Her cottage lacks a natural focal point, such as a fireplace or a window with a view, so Wendy groups intriguing finds along a living room wall to anchor her setting. Propped casually on an old dry sink, a playful painting lends height and draws the eye.

"I never seem to have enough time to shop, so I've learned to go with my best



Don't go it alone. Are you uncomfortable with your talent for display? Do what Wendy did: take art classes as a way to train your eye, then shop magazines and books for ideas on pulling together a real-life still life. "It's a way of expressing myself," says Wendy. "I enjoy spending time playing with objects until they look right to me."

Keep the backgrounds plain. Pattern-free walls show off the mottled colors and artful shapes of Wendy's fabulous finds. Against the airy backdrop, blue paint highlights the home's limited architecture.

instincts. I look for something with a past and a nice shape."







Reveal the different sides of your personality. Despite the clean, classical touch she uses elsewhere, Wendy isn't afraid to show her feminine side in a cozy upstairs nook. A tidy trellis of wallpaper and floral fabrics set a garden mood. The romantic daybed completes it by calling to mind aging iron garden gates. BH&G

"This isn't a 'serious statement' house; I wanted to give it a cottage feeling."



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Karen F. Brodman, M.D., Gynecologist



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a place in the SUN

BY TOM JACKSON

Take a tip from Pat and Doug Carpenter. Their new retirement home shows how perseverance and planning can make your lifelong dreams—and dream home—come true.



For life at a leisurely pace, this nearly no-maintenance exterior—stucco walls and clay roof tiles—fends off everything from tropical heat to occasional hurricanes.

ENVIRONMENTS, LANDSCAPE DESIGN: BILL HOFFMAN KITCHENS (TOP): BRASS ELECTRONICS

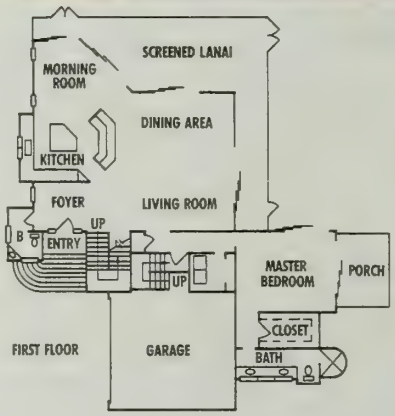
a place in the SUN

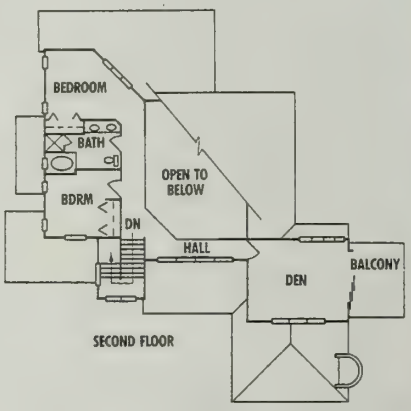


A Chinese wedding basket and Afghani kilim rug set the mood at the entry. Windows high on the second floor keep a cool breeze stirring within the home.

The years spent chasing careers, paying bills, and raising a family can take a lot out of you. This home puts it all back.

Open, breezy, and informal, Pat and Doug Carpenter's Florida home shows how you can turn a lifelong wish list into reality. And their retirement strategy, detailed on *page 54*, is must reading to get you started on the path to achieving these goals.





For wide-open tropical views and outdoor ambience, the first-floor spaces open out to a screened lanai and a large courtyard. The second-floor rooms, two bedrooms and a study close up for privacy.

Casual entertaining is a big part of Pat and Doug's new lifestyle, and their 22×25-foot living and dining area easily accommodates dozens of friends. Step into the foyer and the first-floor spaces—the living room, dining area, morning room, and kitchen—unfold uninterrupted in a continuous arc. The vaulted ceiling creates a cooling indoor breeze by drawing warm air up and out through a row of awning windows near the second-floor catwalk.

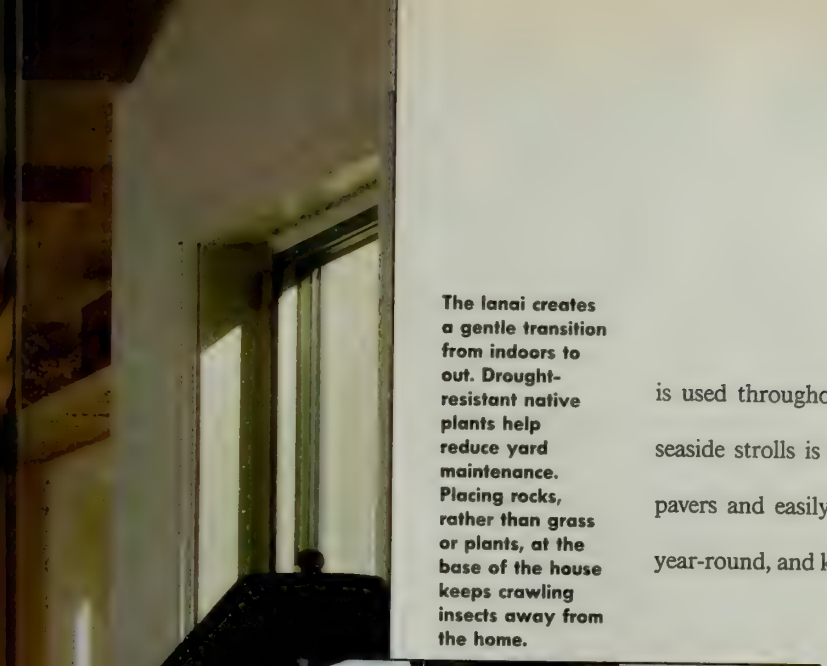
A custom floor made from 2-foot square concrete pavers

continued on page 51





Like the rest of the house, the kitchen is open and uncluttered. Sunshine pours in from all directions during the day. Uplights in the wraparound soffit brighten the night.



The lanai creates a gentle transition from indoors to out. Drought-resistant native plants help reduce yard maintenance. Placing rocks, rather than grass or plants, at the base of the house keeps crawling insects away from the home.

is used throughout the main level. Sand tracked in from seaside strolls is brushed into grouted seams between the pavers and easily vacuumed out. The concrete stays cool year-round, and kilim area rugs in high traffic areas provide comfort underfoot. The floor also spreads out to the screened lanai and outside to the pool, creating a seamless indoor-outdoor surface.



In this open-plan arrangement, you're never far from the kitchen. For that first cup of coffee, the morning room and its outdoor views are just steps away. The center work island houses storage as well as a cooktop and oven. A serving island separates the kitchen from the living and dining area. The cove ceiling in the kitchen holds wraparound lighting and ties back into the cabinets with oak trim.



Fixed floor-to-ceiling screens on the lanai help the house scoop up even the faintest breezes. The long roof overhang puts plenty of shade between the home's interiors and the midday sun.

When the tropics beckon with sunshine and sea breezes, the back half of

continued on page 53



Roll up the hurricane shutters, fling open the curtains and screens, slide the glass doors into their pockets and you can sleep with no barriers between you and the outdoors.



In contrast to the open areas downstairs, the upstairs study closes up for privacy. The master bath gets its daylight from a curved row of glass blocks in the shower and awning windows above the mirror.

the first floor of the house can be opened up to the outdoors. The walls disappear into a series of door pockets that contain sliding screens and glass doors. At the top of these openings a horizontal trim board conceals the rolled up hurricane shutters. This three-layer system protects against everything from bugs to burglars to stormy weather. A tall stucco wall encloses the backyard, adding to security and privacy.



In the master bath, a half-round shower stall is topped with glass block from shoulder height up. A clear glass shower door, a large mirror, and a row of awning windows keep this long corridor open and sunny. Surface treatments for the bath blend in with the rest of the home—whitewashed oak trim, granite countertops, and custom concrete floors.



Above the master suite, the den provides a cozy counterpoint to the wide-open views in the rest of the house. Here you can read magazines, watch television, or work at the desk. When you need a break, simply stroll out to the second-story balcony.

a place in the SUN

How to make your dreams come true

continued from page 53

It is not impossible or even difficult to make your lifelong dreams come true. The key to turning dreams into reality is planning. If you want to retire in style and have a home that you love in a place that you love, start mapping out a route to those goals now. Here's how Pat and Doug did it.

Compile wish lists. This is like daydreaming, except that when you've completed the list, you have to prioritize. Write down all your favorite activities, golf, tennis, fishing, shopping, and so on. Then make another list of all the qualities you think a retirement area should have, such as cool or warm weather, sophisticated or folksy lifestyle. Make another list of what you want in a house—lots of outdoor living, good security, low maintenance, and so forth. Once you've completed your dream sheets, rank each item from most to least important. Use that ranking to develop realistic goals.



Organize your finances. Good financial planning can provide a windfall later in life. If you set aside just $1,000 a year at 8 percent interest, after 20 years you can reap a $49,420 nest egg. And as you near retirement, you may be able to reduce living costs, cash in the equity in your home, and enjoy a pension and social security. These assets combined may be enough to buy a new home in a new place. Talk to a financial planner or study up on personal money management and set some lifetime goals. The earlier you start, the better.

Vacation where you want to retire. For many years, Pat and Doug used their vacations to preview potential retirement spots. They visited sites all over the country. As they shortened their list, they spent more time (and time in different seasons) in the areas they liked.





MONUMENT VALLEY, UTAH. 5:32 P.M. STILL GOING. NOTI

Get to know the people and the community. Study the real estate markets, the cultural activities, and sports and recreation. Before you buy or build, you may want to rent in the market you've chosen.

Go native. If you choose to retire in a part of the country that's new to you, observe and learn from the local building traditions. Regional architecture has a purpose beyond style. Local advice on building matters can prevent chronic problems later. Pat and Doug sought the talents of long time Florida residents: architects Robert Forsythe and David Humphrey, general contractor George Wilson, and landscape architect Bill Hoffman.

And ask questions. You'll want to reduce yard upkeep, exterior maintenance, and cleaning chores. An easy-to-use, whole-house security system is also a good idea. In each case, there are contractors who can show you how to tailor your design to make your retirement home work for you and not the other way around. BH&G

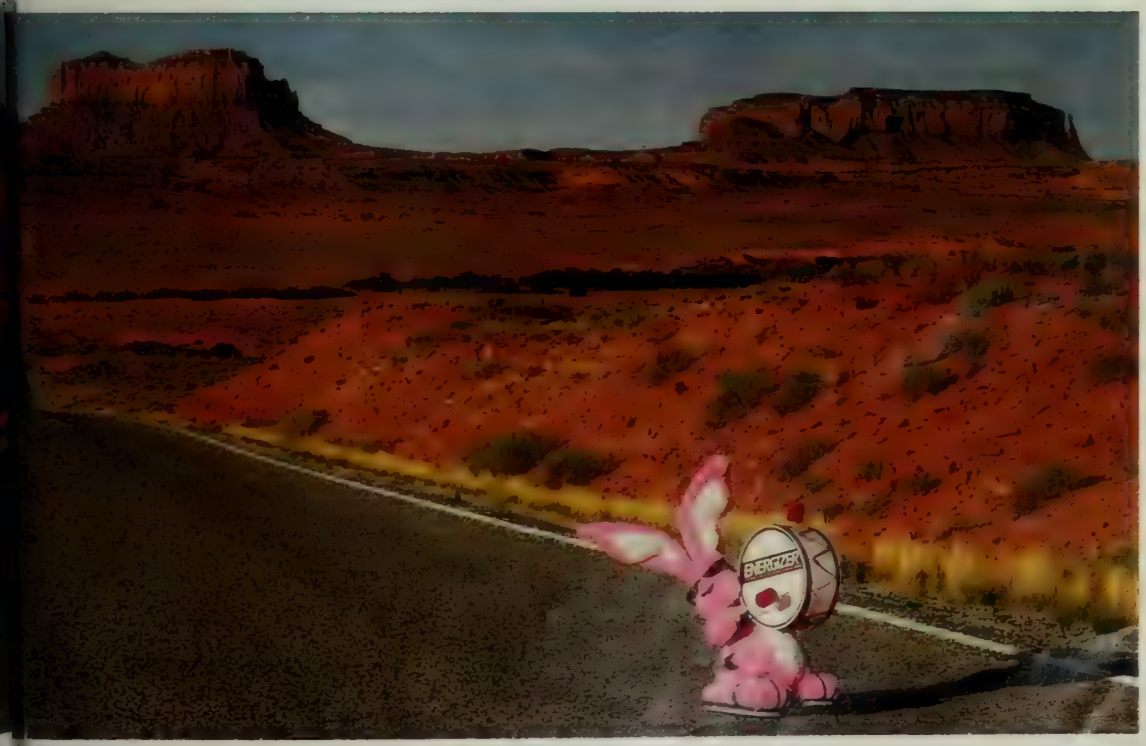
SOURCES

A PLACE IN THE SUN

For Directory of Architects and Designers see page 113. **Page 47: All windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Roof tile**—Wallin Roofing, 10915 Enterprise Ave., Bonita Springs, FL 33923. **Driveway**—Jackob's Decorative Interlock Paving, 27570 Old No. 41, Bonita Springs, FL 33923.

Pages 48–49 (*top left*): Area rug—Seret & Sons, 149 East Alameda, Santa Fe, NM 87501. **Basket and table**—Robb & Stucky, 2777 N. Tamiami Tr., Naples, FL 33941. **(*Center*): Downstairs floors**—Johnson Brothers Precision Precast Products, 10311 Bonita Beach Rd., Bonita Springs, FL 33923. **Area rug**—Seret & Sons (address above). **Sofas**—Century Furniture Co., Hickory, NC 28603. **Security system**—AT&T Bell Security, 11554 E. Tamiami Tr., Naples, FL 33962.

Pages 50–51: Cabinets, "Heartland/Portrait"—Fieldstone Cabinetry Inc., P.O. Box 109, Northwood, IA 50459. **Countertop fabricator**—House of Marble & Granite, 440 Ninth St. N, Naples, FL 33940. **Appliances**—Sears, Roebuck & Co., Sears Tower, BSC-12-34, Chicago, IL 60684. **Sink, faucet**—Kohler Co., Kohler, WI 53044; 800/772-1814. **Area rug, table**—Seret & Sons (address above). **Chairs**—Bradington Young, Cherryville, NC 28021; available through Brown's Interiors, 4300 Tamiami Tr., N, Naples, FL 33940. **(*Center*): Recessed hurricane shutters**—Shutterworld, 15851 Chief Ct., Ft. Myers, FL 33912. **Pages 52–53 Patio lounge chair**—Brown Jordan, P.O. Box 5688, El Monte, CA 91734. **Clay pots**—Cantropics, 1480 SW. 3rd St., Ste. C-10, Pompano Beach, FL 33069. **Bed cover, shams**—Palais Royal, 923 D Preston Ave., Charlotsville, VA 22901. **Area rug**—Seret & Sons (address above). **(*Bottom left*): Sliding glass doors, screens**—Plaza Door Co., Inc., 510 Evernia St., West Palm Beach, FL 33402-4304. **(*Center right*): Floor**—Floorcrafters, 15804-No. 7, Brothers Ct., South Ft. Myers, FL 33912. **Floor lamp**—Foreign Traders, 202 Galisteo St. at Water, Santa Fe, NM 87501. **File cabinets**—European Closet Designs, 6321 Arc Way, Ft. Myers, FL 33912. **Sliding glass doors, screens**—Plaza Door Co., Inc. (address above). **(*Center bottom*): Cabinets**—Fieldstone Cabinetry, Inc. (address above). **Countertop fabricator**—House of Marble & Granite (address above). **Sinks,** "Undercounter-Almond," **toilet,** "Wellington-Almond"—Kohler Co. (address above). **Faucets**— "Cambrian Collection"—Eljer Ind., P.O. Box 37, Plano, TX 75074. **Area rug**—Seret & Sons (address above). **Shower enclosure**—Alumax, 1617 N. Washington Ave., Magnolia, AK 71753. **Mirror**—Glass Tech Mirror Corp., 4573 Exchange Ave., Naples, FL 33940.



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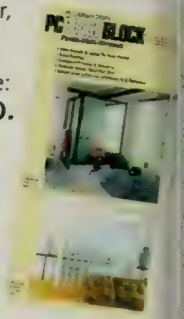
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This two-story delight boasts such amenities as six generous rooms, a staircase, interior doors, shutters, and a chimney. *Better Homes and Gardens*® has joined with the editors of *WOOD*® magazine to offer the project plan. This dollhouse is fun to build from birch plywood, using a drill and jigsaw fitted with a plywood-cutting blade. Full-size patterns make it simple to complete, and the plan offers a list of materials and step-by-step instructions. Because this project was test-built by woodworking experts in the *WOOD* magazine shop, it includes special tips that will help you create a picture-perfect house.



JOHN HETHERINGTON

This dollhouse measures a spacious 33½ × 17 × 12 inches.

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Easy-Living HIS & HER Baths

BY STEVEN GREENHUT



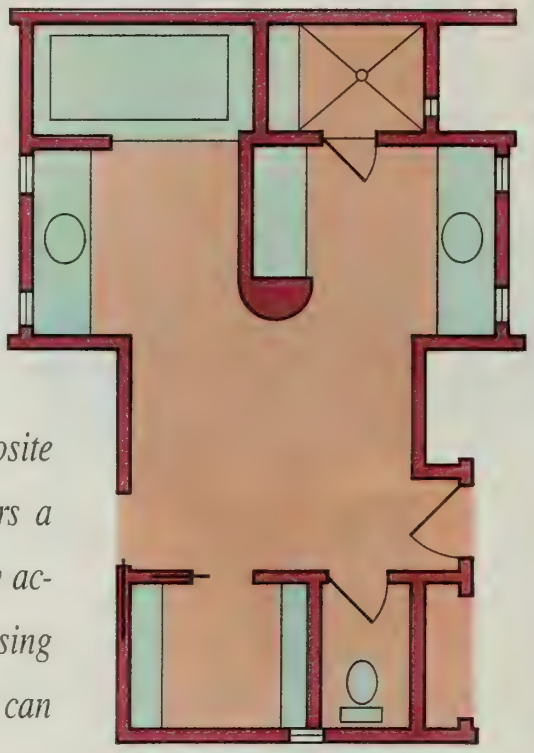


Save yourself from the morning rush hour. Start your day instead in a his-and-her master bath that eases you into the day. These three built-for-two bathrooms do more than double up the basics. They banish bumper-to-bumper lavatory logjams with their well thought out efficiency.

For buying information, see page 112

COZY CONTEMPORARY

Bumping out a tiny hallway bath made way for this architecturally pleasing bathroom built for two. Architect Gregory Oaksen's center-island divider separates the room into his-and-her zones. To add drama and openness, the ceiling peaks over the center of this airy bathroom.



Personalized storage drawers line both sides of the island. Husband and wife each have a separate sink, a vanity, and a set of mirrors placed along opposite walls. Because the wife prefers a bath to a shower, she has easy access to the tub from her dressing area. Likewise, the husband can simply step from his private get-ready space into the luxurious marble-clad shower.

A continuous end-wall skylight spanning the back-to-back bathing areas saturates the room in sunlight. To brighten the main part of this formerly windowless bath, the architect added generous above-the-vanity skylights. A spacious walk-in closet and toilet fit comfortably into the original bathroom space.

Each spouse has a mirrored vanity with a 36-inch-high sink. These get-ready areas are placed along facing walls below a generous skylight. Simple plug strips and half-inch sand-blasted glass with polished edges form custom-designed vanity lights.

Storage drawers on both sides of the island are personalized for him and her.



PHOTOGRAPHS: MIKE JENSEN. ARCHITECT: GREGORY OAKSEN. REGIONAL EDITOR: TRISH MAHARAM



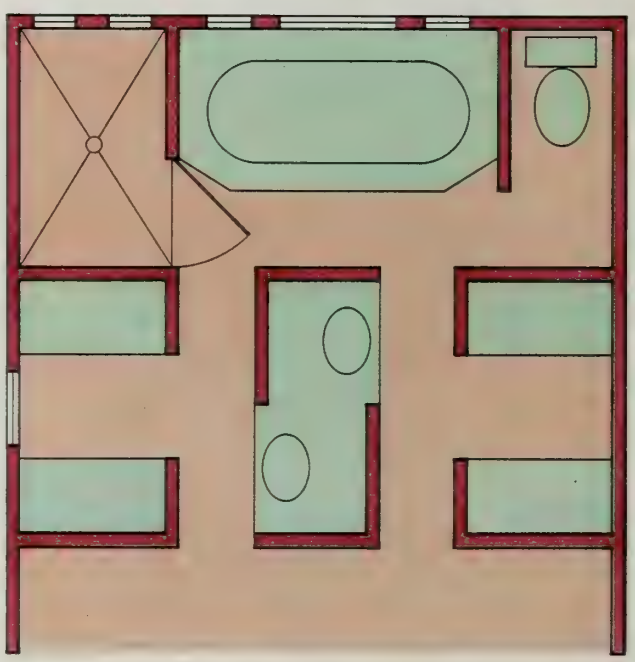
This sculptural and sleekly rounded center island divides the bathroom into separate zones for him and her. The vaulted ceiling and generous skylights keep the room feeling bright and open. Well-designed drawers and side cabinets house hair dryers, makeup, shavers, and other bathroom necessities to keep counters clutter-free.



Abundant get-ready room for two was carved from an average-size bathroom space. Steve and Kerry each have a dressing area, sink and vanity, and easy access to the tub or shower. A free-flowing floor plan creates a clean and efficient space that smooths out the morning routine.

TIMELESS TRADITIONAL *A two-career couple with demanding schedules, Steve and Kerry Hamor wanted the new master bath in their vintage home to provide plenty of chances to chat about the day.*

The main space of this complete his-and-her bathroom suite is divided in two—one side for Steve and the other for Kerry. Crisp white walls, solid-wood cabinets, and artfully patterned green and earth-tone tiles set amid a sea of white ceramics are a soothing sight on bleary-eyed mornings. Architect Mark Christopher's modest-space design features a wall of windows to help assure that this 12x14-foot bathroom always feels spacious.



This hardworking small-space floor plan boasts private zones for grooming and dressing plus a shared bathing and toilet area.

Steve and Kerry's own closets and dressing areas flank two of the room's facing walls. Separate sinks and vanities are set on opposite sides of a center island. Through a clever diagonal opening in the island, "We can brush our teeth and check on the other's day," Kerry says. A double-size shower, separate whirlpool tub, and toilet are placed in a common area for easy access. "It's definitely a great layout for busy professionals," she adds.



Steve and Kerry can chat through this opening in the center island. His-and-her sinks and counters, which occupy opposite sides of the island, are 36 inches high to limit back strain. Custom closets offer ample room for clothing and toiletries.

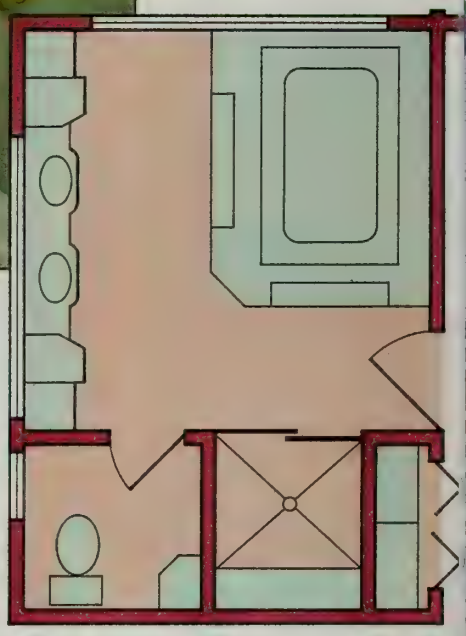


The tile-clad whirlpool tub and a separate shower stall stand in a common area along the back wall of this his-and-her bathroom. A wall of windows above the bath keeps this modest-size room bright and open.





Side-by-side counters and sinks, which are a comfortable 36 inches high, keep spouses in close communication, but conveniently out of each other's way. Built-in storage merges into clean-lined cabinetry that becomes an integral part of the architecture. A wall of windows and a soaring ceiling let you soak in the sunlight as you bathe.



Minimal partitions in this well thought out floor plan create an easy flow from the double sinks to the tub, shower, or private toilet area.

His & Her Baths

SOARING SIMPLICITY *A free-flowing floor plan, a vaulted ceiling, and a wide expanse of windows lift this down-to-earth master bath to new heights. The design features side-by-side sinks and vanities, with plenty of personal space for each spouse. The tile-clad whirlpool tub with dual benches serves as this room's sun-drenched showpiece. A separate shower and compartmentalized toilet area complete the convenient floor plan. A large gabled window above the lavatories opens the bath to the wooded outdoors and gives this 10x14-foot space a larger-than-life illusion. White cabinetry, fixtures, and ceramic-tile flooring accented by oak trim offer a sleek but comfortable style that's well suited to contemporary or traditional tastes.*



Shown smaller than actual size of 8¼" in diameter.

Bedtime Prayers

by Kathy Lawrence

the Danbury Mint

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A numbered limited first edition collector plate trimmed in 23 kt gold.

less my Mommy and Daddy, dma and Grandpa, my new baby r...and of course Mr. Bear." This able little boy earnestly tries to de all his loved ones as he kneels to is "Bedtime Prayers." Soon he'll be asleep, safe and sound, dreaming nocent dreams of childhood.

w, this heartwarming scene has forever captured on an enchanting collector plate by Kathy Lawrence. complished portrait artist, her ite subjects are young children. efore, it is not surprising that ensitive portraits always touch eart with realistic detail and al warmth.

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h serially-numbered plate will be panied by a matching personalized Certificate of Authenticity. The edition of "Bedtime Prayers" will be limited to the production capacity of 25 firing days. None will be offered through dealers; this First Edition is available exclusively through the Danbury Mint. As a finishing touch, each plate will be trimmed with a band of precious 23kt gold.

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When you acquire "Bedtime Prayers," you have the option, *but not the obligation,* to acquire all subsequent plates in this captivating new series. Furthermore, under our *100% Unconditional Guarantee,* you may return any plate for replacement or refund within 30 days.

Act Now for Lowest Serial Number

Whether children are part of your past, present, or future, the angelic little boy in "Bedtime Prayers" is sure to capture your heart. We expect great demand for this charming new collector plate. In order to receive the lowest serial number, send in your reservation today!

YIP Please Reply Promptly 32

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, Conn. 06857

Limit: two plates per collector.

Please accept my reservation for "**Bedtime Prayers**" as described in this announcement. I wish to reserve ___ (1 or 2) plate(s) at $24.95 each (plus $2.95 shipping and handling—total $27.90*).

Check One: ☐ My check or money order is enclosed.
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Allow 4 to 8 weeks for shipment.
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GARDENER'S ALMANAC

JANUARY



PETER KRUMHARDT

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON

MAKE ROOM FOR FRUIT TREES

Transform a sunny garden corner into your own miniature orchard with dwarf fruit trees. Unlike space-gobbling standard-size varieties, dwarf trees rarely grow more than 10 feet tall. Dwarf trees like Moongold Apricots, *left*, also will develop fruit earlier than standard types. Dwarf trees are available from Miller Nurseries, West Lake Rd., Canandaigua, NY 14424 and Stark Bro's, Louisiana, MO 63353.



PHOTO: ERNEST BRAUN. REGIONAL EDITOR: HELEN HEITKAMP

AMERIFLORA '92

Celebrate America's gardening heritage at AmeriFlora '92, the first international floral and garden exhibition ever held in the United States. Set in Columbus, Ohio, AmeriFlora '92 will contain more than 100 different horticultural exhibits from around the world. The crown jewel of the 88-acre festival will be the newly expanded Franklin Park Conservatory. Displays include a Himalayan mountain, tropical rain forest, and desert ecosystem. AmeriFlora '92 runs from April 20 through October 12, 1992. For details write: AmeriFlora '92, 1995 East Broad St., Columbus, OH 43209-1679.



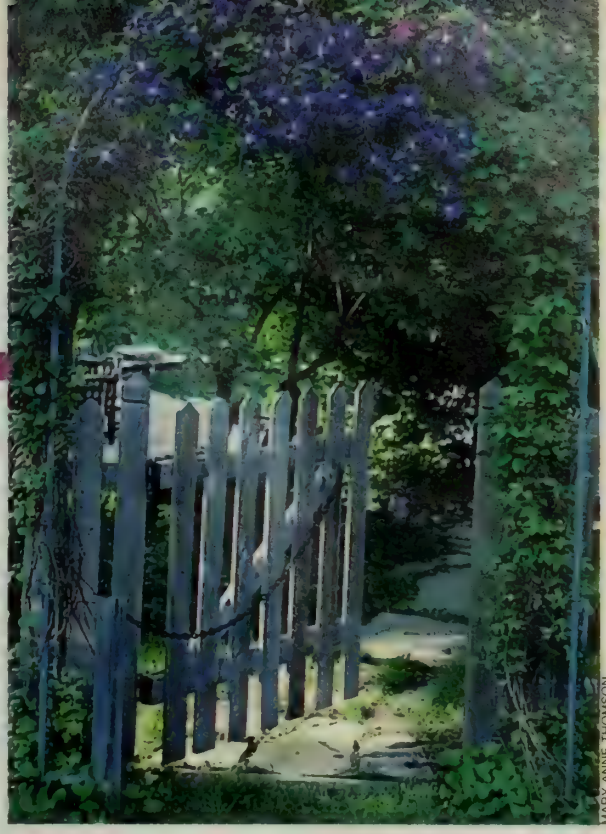
PHOTO: KARLIS GRANTS, REGIONAL EDITOR: CATHY HOWARD

BRANCH OUT WITH CHINESE BROCCOLI

Chinese broccoli (also called gai lohn) is one of the most rewarding crops gardeners can grow, claims Peter Chan, our Oregon test gardener. Its small heads and tender, young leaves enhance oriental dishes. "Chinese broccoli keeps producing indefinitely," says Peter. "Once the main head is cut, side shoots develop." Peter sows seeds indoors in February and moves the plants to the garden in March.

CULTIVATE A CLEMATIS

Clambering clematis transforms an ordinary arbor into a garden showpiece. Dependable and fast growing, this perennial vine displays large blooms in spring or summer. In cold climates, vines may die back to the ground in the winter, then resprout the following spring. Choose hardy species like *C. x jackmani* (*right*).



MARY ANNE THOMSON

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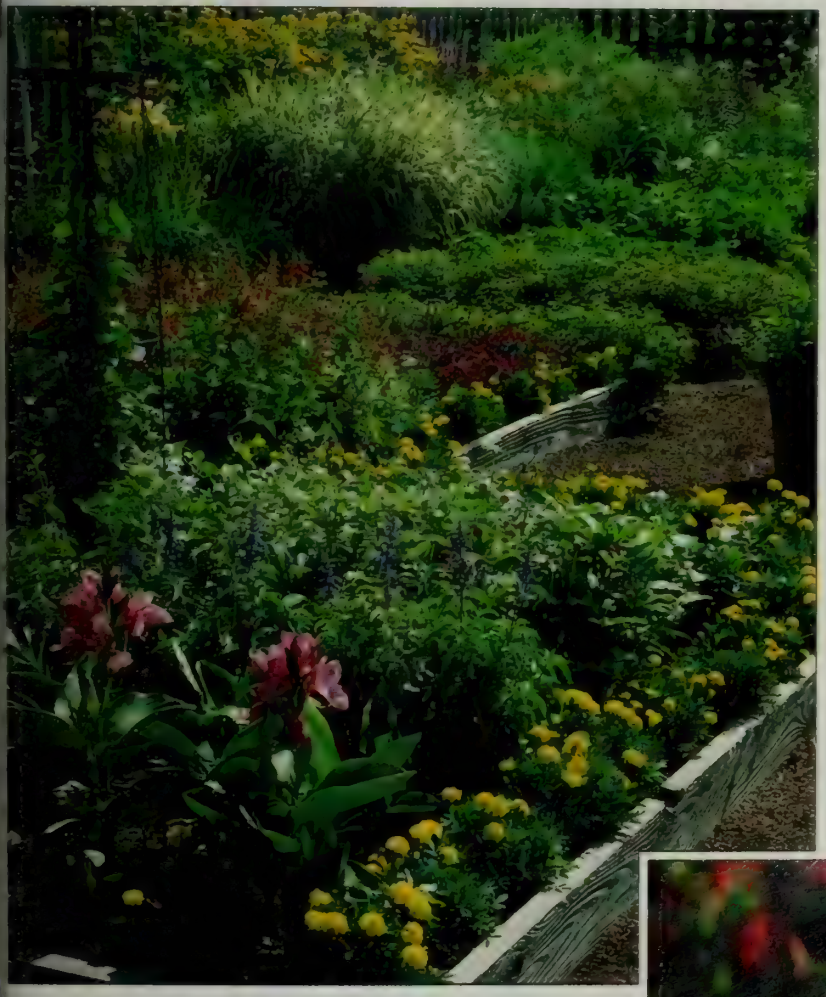
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Our Picks For 1992



BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON

Only the very best plants earn the honor of being All-America winners. Last summer, in the Better Homes and Gardens® *Test Garden, we grew a sneak preview of the 1992 All-America roses, flowers, and vegetables. Our critique: Two thumbs up.*



LADY IN RED SALVIA

Loose whorls of 12- to 15-inch-tall spiked red flowers made Lady in Red salvia (*Salvia coccinea*) a showy standout in our garden last summer. Like its popular sister (*S. splendens* or scarlet sage), Lady in Red is a striking bedding plant. Though it's actually a perennial, this new salvia blooms early from seed the first year and performs all summer like an annual. In warm climates, Lady in Red winters over in the garden.

To order seeds, see page 110.



PHOTOGRAPH: KARLIS GRANTS. REGIONAL EDITOR: CATHY HOWARD

ALL THAT JAZZ ROSE

All That Jazz won rave reviews when it auditioned in the Test Garden. An electric blend of salmon and red, the blooms harmonize beautifully with other early summer flowers. In warm climates, this shrub rose matures into a 5-foot bush.

BRIGADOON ROSE

The long stems on Brigadoon are excellent for cutting. This hybrid tea rose produces lightly fragrant coral-pink flowers that fade to cream at the base of each petal. In our trials, Brigadoon was more susceptible to Japanese beetles than the two other All-America winners.

To order roses, see page 110.

PRIDE 'N' JOY ROSE

We knew we were on to a good thing when we planted Pride 'n' Joy rose. A stocky miniature, this little charmer is a prolific bloomer, hitting the garden by storm, bearing 1½-inch orange flowers with yellow centers. Tuck at least one of these gems into your rose garden or perennial border.



PETER KRUMHARDT


All-America
1992
Roses


All-America
Flowers
1992

ETTY IN WHITE
NCA

he pure white blooms of
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minate the garden,
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winning variety has the
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as we've grown: bigger
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enhouse, the plants grow
o 10 inches tall in a sunny
den spot. For best results,
t until your soil has
oughly warmed before
move plants outdoors.

IDEAL VIOLET DIANTHUS

It's tough to top the intense color display that Ideal Violet dianthus provides. The bright blooms on this heat-tolerant variety never fade no matter how nasty the weather gets. In fact, humid days enhance their spicy fragrance. Because plants grow only 10 to 12 inches tall, we reserve front-row seats for them in our garden. To keep Ideal Violet dianthus blooming all summer, snip off spent flowers before they form seeds.



PEACHES AND CREAM VERBENA

Other garden flowers may be more vividly colored, but there's nothing pale about the performance of Peaches and Cream verbena. Its flowers' pastel complexion, an unusual blend of apricot and salmon, is a new hue for this family of heat-loving annuals. Plants are self-branching and stay compact, growing only 8 to 10 inches tall. Quick to bloom in the Test Garden, Peaches and Cream verbena was a surprise favorite.



TROPICAL ROSE CANNA

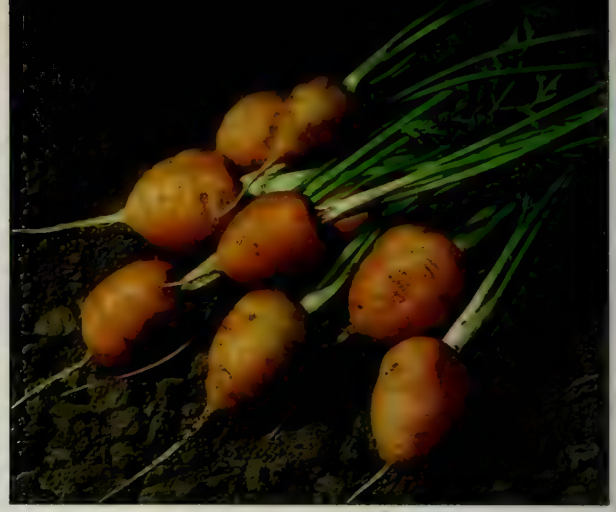
Growing cannas just got easier, thanks to the hybridizers of Tropical Rose canna. Producing exquisite pink blooms, this variety is started early indoors, not from rhizomes, but from seed. Because the dwarf plants grow only 2 to 2½ feet tall (compared to their 4- to 8-foot-tall cousins), Tropical Rose cannas can be spaced just 18 inches apart. In the North, dig the rhizomes in the fall and store indoors for replanting in the spring.

To order seeds, see page 110.



All-America Vegetables 1992





THUMBELINA CARROT

These babies are irresistible. Harvested when they're 2 inches or smaller, round Thumbelina carrots are a gourmet's delight, steamed whole and seasoned with fresh herb butter. They also get a high score for limited cracks and root distortions.

To order seeds, see page 110.

FERNLEAF DILL

Finally, a dill that won't outgrow its welcome in the garden. Unlike the unruly members of this herb family, Fernleaf dill forms a compact, 18-inch-tall bush that requires no staking. For best results, sow seeds of Fernleaf dill directly in the garden.

LESSONS FROM LAST SUMMER'S GARDEN

● **Grow some new favorites** this year by branching out from your garden regulars. You simply can't go wrong with the All-America Selections and the All-America Rose Selections. Each year, these two organizations test new rose, flower, and vegetable varieties in gardens around the country. Top performers are awarded medals. You can buy plants and seeds of these varieties in garden centers and mail-order catalogs. Look for the red, white, and blue seal of the AAS on seed packets or the green and white tag of the AARS on rosebushes.

● **Prepare your soil** before you do any planting in the spring. As soon as our beds dry out, we till in Canadian sphagnum peat moss. This organic material loosens the soil and helps it absorb and retain moisture.

● **Replace spring crops** with speedy second crops to maximize garden space. When our peas finished producing in June, we pulled out the vines and sowed seeds of Sunspot dwarf sunflowers in their place. The seeds sprouted quickly in the heat and bloomed by late August.

● **Try a new twist** in growing tomatoes. To keep soil moisture constant (vital for good fruit formation), we cover our tomato row with synthetic garden fabric, cutting an X in the fabric for each plant to grow through. This porous material blankets the soil, allowing moisture to soak through but preventing weeds from sprouting. Instead of caging the plants, we let them sprawl. The fabric prevents direct contact with wet soil, minimizing disease and rotting.

● **Mulch flower and vegetable beds** to retain soil moisture and discourage weeds. An organic material will add nutrients to the soil as it breaks down. We like the decorative contrast that cocoa bean hulls offer, but compost, leaves, grass clippings, and straw are equally good. On paths between beds, we prefer the permanence of black plastic covered with crushed brick. Pea gravel and crushed shells are attractive alternatives.

● **Use water wisely** by irrigating your garden at the coolest time of day. We water during the evening hours so plants can fully benefit from the moisture before conditions heat up again the next day. To minimize evaporation, we water small areas at a time, using an oscillating sprinkler, set on low.



A Christmas Prayer



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The Big Dipper.

The big taste of Hormel Chili No Beans and Ro-Tel® Tomatoes & Green Chilies make it the one dip everyone will look up to.

1 (15 oz.) can Hormel Chili No Beans
1 (10 oz.) can Ro-Tel Tomatoes & Green Chilies (diced), reserving 1 Tbsp. (drained) for garnish
1½ cups (approx. 8 oz.) pasteurized processed cheese, cubed
½ cup sliced green onions
½ tsp. cayenne pepper

In saucepan, combine all ingredients. Heat just until cheese melts, stirring frequently. Serve warm with assorted raw vegetable dippers and toasted French bread slices. Garnish dip with reserved tomatoes, red pepper and additional green onion, if desired. Makes 4 cups.



For Hormel and Ro-Tel recipe booklets and money-saving coupons, print your name and address and send to Hormel Chili/Ro-Tel, P.O. Box 5000, Austin, MN 55912. Limit one offer per household; request must be received by 12/31/92.

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WIN MONEY FOR YOUR RECIPES
See Page 102 For Details

PRIZE TESTED RECIPES®

JANUARY PIZZA IDEAS

File under Breads
January 1992



$200 WINNER *Anji Pickett, Seattle, Wash.*

CHICKEN-ARTICHOKE PIZZA

The 12-inch Italian bread shell makes a convenient crust for this top-prize pizza—

- **1 6-oz. jar marinated artichoke hearts**
- **2 medium zucchini *and/or* yellow summer squash, sliced**
- **1 small red sweet pepper, chopped**
- **1 Tbsp. olive oil *or* cooking oil**
- **1½ cups sliced fresh mushrooms**
- **2 green onions, sliced**
- **1 lb. skinless, boneless chicken breasts, cut into cubes**
- **2 plum tomatoes, sliced**
- **1 2¼-oz. can sliced pitted ripe olives**
- **3 Tbsp. vinegar**
- **½ tsp. *each* garlic powder; seasoned salt; dried oregano, crushed; *and* dried basil, crushed**
- **1 Tbsp. cornstarch**
- **1 16-oz. Italian bread shell (Boboli brand)**
- **1½ cups shredded Monterey Jack cheese**
- **¼ cup grated Parmesan cheese**

Drain artichokes; reserve liquid. Cut artichokes into bite-size pieces; set aside.

In a large skillet cook squash and sweet pepper in hot oil till crisp-tender; remove. Add mushrooms and onion to skillet. Cook till just tender; remove. Cook chicken, *half* at a time, for 2 to 3 minutes or till no longer pink. Return all chicken to skillet. Stir in the artichoke liquid and hearts, tomatoes, olives, vinegar, garlic powder, seasoned salt, oregano, and basil. Combine cornstarch and 1 tablespoon *water;* add to skillet. Cook and stir till bubbly; cook 1 minute more. Return all vegetables to skillet; stir. Place bread shell on a greased baking sheet; top with chicken mixture and cheeses. Bake in a

Punch along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

JANUARY BROCCOLI FIX-UPS

File under Vegetables
January, 1992



$200 WINNER *Doreen Firouzbakht, Friendswood, Tex.*

BROCCOLI-NOODLE STIR-FRY

Combine fresh broccoli and ramen noodles for this quick-to-make side dish—

- **1 3-oz. pkg. chicken oriental noodle mix**
- **2 tsp. cornstarch**
- **1½ tsp. reduced-sodium soy sauce**
- **1 tsp. rice vinegar *or* white vinegar**
- **¼ tsp. crushed red pepper**
- **1 Tbsp. toasted sesame oil**
- **1 Tbsp. cooking oil**
- **4 cups broccoli flowerets**
- **Bias-sliced carrots (optional)**

Break noodles into pieces; reserve seasoning packet. Place noodles in a 1-quart microwave-safe casserole. Add 1 cup *warm water.* Micro-cook, uncovered, on 100% power (high) for 2½ to 3 minutes or till noodles are softened, stirring twice; drain.

For sauce, in a small bowl combine seasoning packet, ⅔ cup *cold water,* cornstarch, soy sauce, vinegar, and red pepper. Set aside.

In a large skillet heat sesame and cooking oil over medium-high heat. Add broccoli; stir-fry 3 to 4 minutes or till crisp-tender. Stir sauce; add sauce and noodles to skillet. Cook and stir till bubbly; cook and stir 1 minute more. Makes 4 to 6 side-dish servings.

Nutrition information per serving: *213 cal. (46% from fat), 12 g fat, 0 mg chol., 7 g pro., 23 g carbo., 4 g dietary fiber, 456 mg sodium.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

JANUARY BROCCOLI FIX-UPS

File under Vegetables
January, 1992



$100 WINNER *Julie DeMatteo, Clementon, N.J.*

BROCCOLI-SAUSAGE QUICHE

Serve this winning meal-in-a-quiche with fresh fruit or a tossed salad—

- **1 9-inch unbaked pie shell**
- **4 brown-and-serve sausage links, cut into ½-inch slices**
- **½ cup sliced fresh mushrooms**
- **2 beaten eggs**
- **1 10¾-oz. can condensed cream of broccoli soup**
- **2 Tbsp. dried minced onion**
- **⅛ tsp. pepper**
- **1 10-oz. pkg. frozen chopped broccoli, thawed and well drained**
- **1 cup shredded Swiss cheese (4 oz.)**

Line unbaked pie shell with a double thickness of foil. Bake in a 450° oven for 8 minutes; remove foil. Bake for 4 to 6 minutes more or till golden. Remove from oven; set aside. Reduce oven temperature to 375°.

Meanwhile, in a large skillet cook sausage and mushrooms about 5 minutes or till sausage is brown; drain. In a medium bowl combine the eggs, soup, onion, and pepper. Stir in the sausage mixture, broccoli, and *¾ cup* of the cheese. Pour mixture into the baked shell. Bake in a 375° oven for 40 to 45 minutes or till knife inserted near the center comes out clean. Sprinkle with remaining cheese. Let stand about 10 minutes. Makes 6 main-dish servings.

Nutrition information per serving: *370 cal. (57% from fat), 24 g fat, 96 mg chol., 14 g pro., 27 g carbo., 1 g dietary fiber, 635 mg sodium. U.S. RDA: 28% calcium, 13% iron, 20% vit. A, 31% vit. C, 28% thiamine, 28% riboflavin, 15% niacin.*

Buying information, page 112.

Clip along here and file punched pages in your *New Cook Book*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

JANUARY PIZZA IDEAS

File under Breads
January, 1992



$100 WINNER *Julie Hill, Tujunga, Calif.*

FOUR-CHEESE AND PEPPERS PIZZA

Cheese pizza enthusiasts will savor every bite of Julie's scrumptious tomato-topped pizza—

- **1 16-oz. loaf frozen bread dough, thawed**
- **2 large green *and/or* red sweet peppers, chopped (2 cups)**
- **1 cup shredded mozzarella cheese (4 oz.)**
- **¾ cup shredded fontina cheese (3 oz.)**
- **½ cup grated Parmesan cheese (2 oz.)**
- **½ cup crumbled feta cheese (2 oz.)**
- **2 Tbsp. snipped parsley *or* 2 tsp. dried parsley flakes**
- **1 Tbsp. snipped fresh basil *or* 1 tsp. dried basil, crushed**
- **3 medium plum tomatoes *or* 1 medium tomato, thinly sliced**
- **1 Tbsp. olive oil *or* cooking oil**
- **2 cloves garlic, minced**

Press bread dough evenly into a greased 12-inch pizza pan. Prick generously with a fork. Bake in 375° oven for 20 to 25 minutes or till light brown.

To assemble pizza, top crust in this order: sweet pepper, mozzarella, fontina, Parmesan, feta, parsley, basil, and tomatoes. In a small bowl combine oil and garlic. Brush tomatoes with oil-and-garlic mixture. Bake pizza in a 375° oven about 15 to 20 minutes or till cheese is melted and the pizza is heated through. Let stand 5 minutes before cutting. Makes 6 servings.

Nutrition information per serving: *376 cal. (40% from fat), 17 g fat, 42 mg chol., 19 g pro., 37 g carbo., 1 g dietary fiber, 447 mg sodium. U.S. RDA: 52% calcium, 16% iron, 18% vit. A, 55% vit. C, 34% thiamine, 32% riboflavin, 20% niacin.*





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Swift Premium® Brown 'N Serve™ sausage. wait around for anything else?







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Great taste without the wait.

FT-ECKRICH, INC.

Fabulous family meals under $10



FOOD PHOTOGRAPHS: SCOTT LITTLE. EDITOR PHOTOS: PERRY STRUSE AND SCOTT LITTLE. FOOD STYLIST: JANET HERWIG

BY JOY TAYLOR

Clipping coupons, reading grocery ads, shopping with a list. Sound familiar? Like you, food editors also search for ways to save money on groceries. That's why we challenged ourselves to come up with tasty family meals, while spending no more than $10. Our menus show how we—and you—can cook more for less. Dig into our recipes, and learn more money-stretching ideas on page 95.

Recipes begin on page 96

Little kids
Little Thirst
Little Box



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"Squeeze a dinner for fou
out of $10."



Lois White, senior food editor, with husband, Shawn, and baby, Robert.

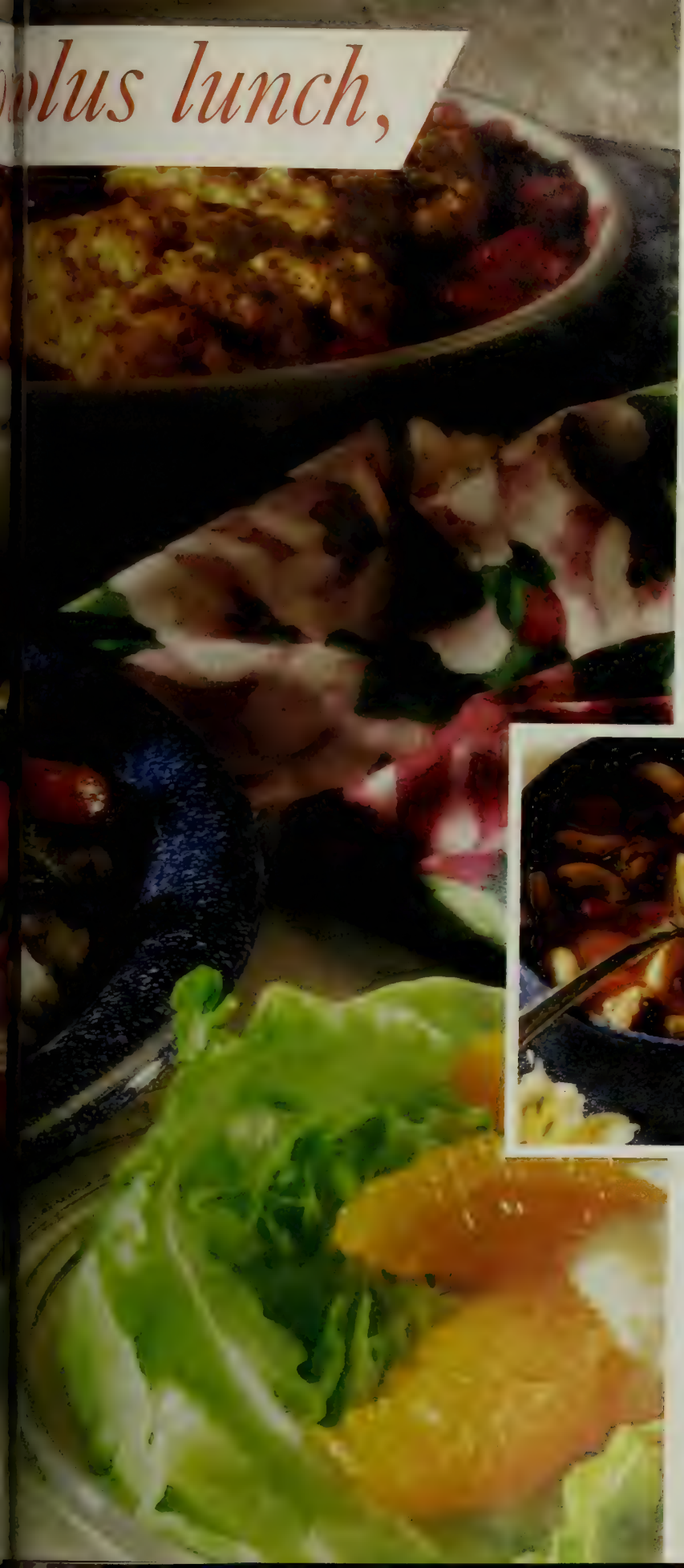
Lois' plan:

- Shop where the prices are rock bottom, such as warehouse supermarkets.
- Ground beef is still one of the best budget meats around. Buy the leanest beef you can afford.
- Purchase in-season produce like apples and oranges in 3- to 5-pound (or even larger) bags to get a better price per pound.
- Fix thrifty homemade mixes.
- Try store-brand products, which are often lower-priced than national brands.

Recipes begin on page 96 .



plus lunch,



dinner for four

ORIENTAL MEATBALLS AND VEGETABLES

HOT COOKED RICE

CITRUS-GREENS SALAD

CHERRY-APPLE COBBLER

$6.45



lunch for two

MEATBALL AND BEAN SOUP

CORNMEAL BISCUITS

$3.50

"Serve a simple ye

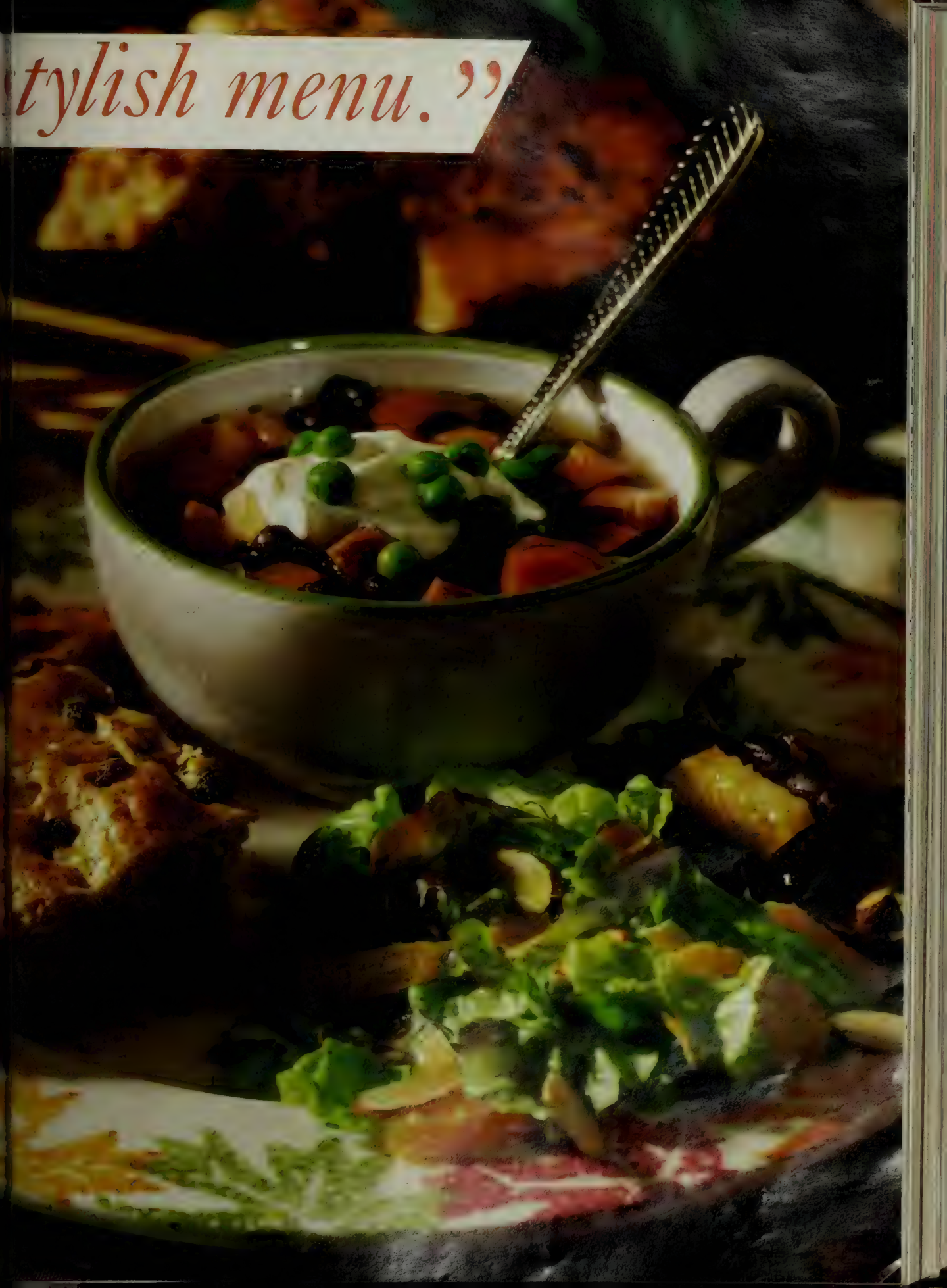


Lisa Holderness, senior magazine editor (right) and her husband, Peter (left), enjoy a cozy meal with Lisa's parents.

Lisa's strategies:

- Center a company meal around a main-course soup. It's a wonderful way to stretch meat and make the most of inexpensive beans and vegetables. For the broth base, use bouillon granules mixed with water.
- Make a quick bread from scratch, using best-buy ingredients—flour, milk, and eggs. Use any leftover bread for toast.
- For a tossed salad, look through the produce department for the lowest prices on salad greens. Then, top them with a homemade dressing.
- Ask your dinner guests to bring the dinner wine! *Recipes begin on 100.*




tylish menu."

"Seasonings are a shrewd way to add rich taste."



Kristi Fuller, associate magazine editor, enjoys cooking with husband, Peter.

Kristi's ideas:

- Stock up on modestly priced flavor boosters such as dried basil, lemon-pepper seasoning, and fresh garlic.
- Compare prices when buying chicken. If boneless breasts are only a dollar more per pound than bone-in pieces, buy the boneless cut for just a few extra pennies.
- Fill up on a cheap carbohydrate like pasta. Healthful, too!
- Use up leftovers instead of tossing them out. *Recipes begin on 100.*





dinner for two

CHICKEN PROVENCALE

HOT COOKED FETTUCCINE

BROWN-AND-SERVE ROLLS

$5.70

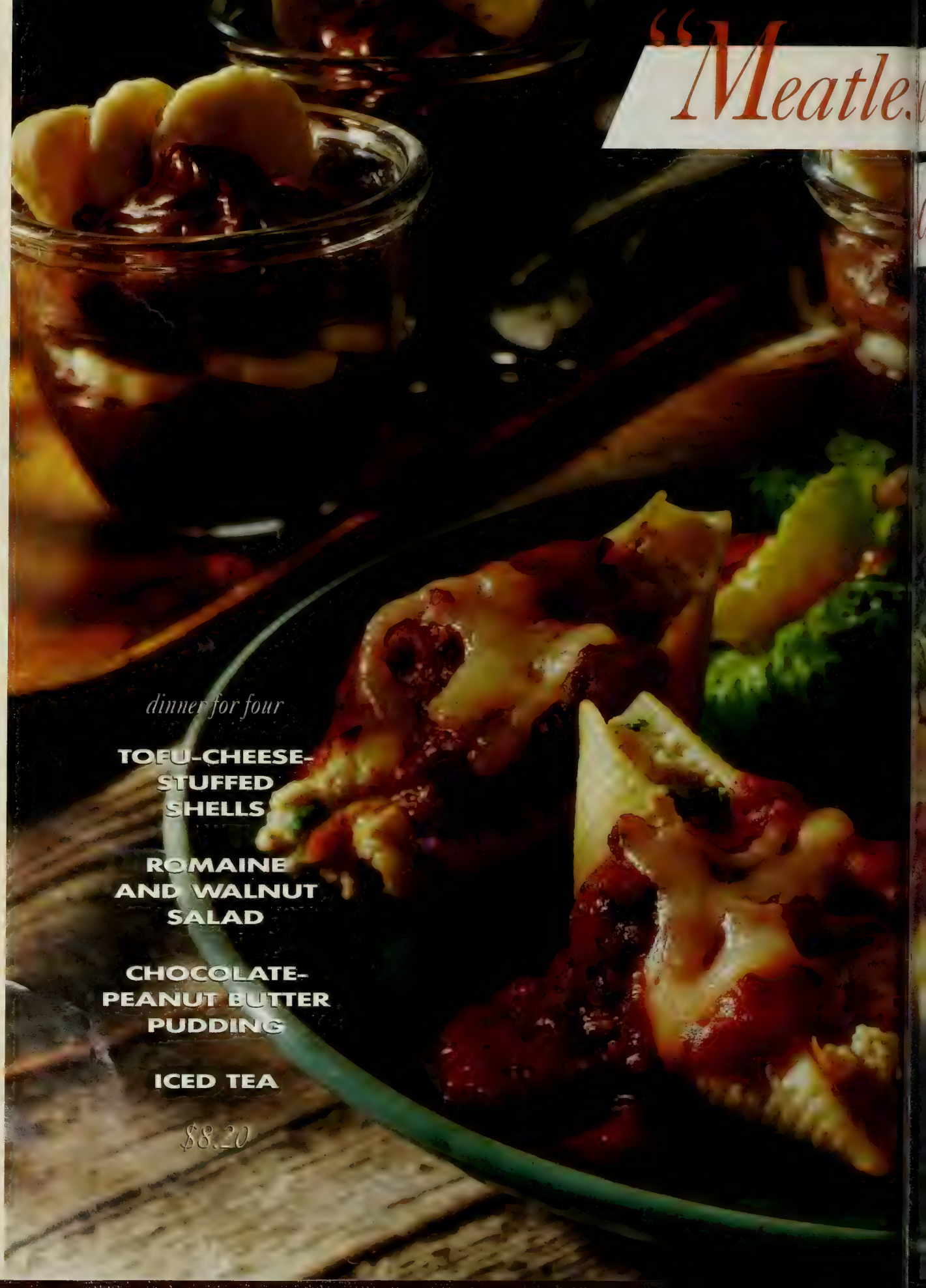


lunch for two

GRILLED HONEY-SOY CHICKEN SANDWICHES

MEDITERRANEAN PASTA SALAD

$4.00


"Meatle.
dinner for four
TOFU-CHEESE-STUFFED SHELLS
ROMAINE AND WALNUT SALAD
CHOCOLATE-PEANUT BUTTER PUDDING
ICED TEA
$8.20

cipes let us enjoy delicious and nutritious meals for a song."





Colleen Weeden, a home economist from our Test Kitchen, and husband, Kent, keep busy with little Kelly.

Colleen's methods:

- Create a main dish using low-fat and low-cost ingredients such as tofu, part-skim cheeses, and pasta.
- Serve pudding for dessert—made from scratch with peanut butter, a thrifty staple.
- Cook more than you need for any one meal. Leftovers can be your box lunch the next day.
- Sip penny-wise hot or iced tea.

Recipes begin on page 104.

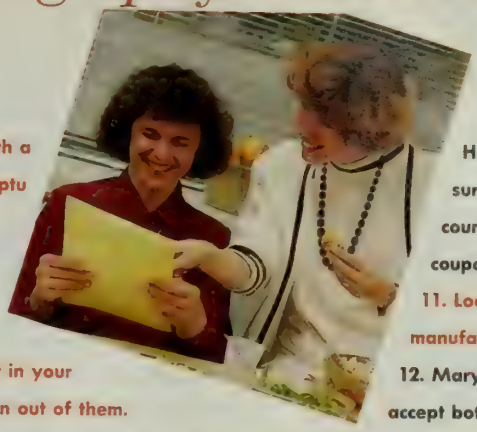
More Vegetables, More Chicken Flavor
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20 cost-saving tips from BH&G® food editors



Be a choosy shopper

1. All of us agree that shopping with a list is the best way to keep impromptu purchases to a minimum. Even if you're running to the store after work to pick up something for dinner, take a mini list. For major shopping trips, keep an ongoing list in your kitchen to jot down foods as you run out of them.

2. This adage still rings true: Avoid grocery shopping when you're hungry; otherwise, you'll buy extra items on impulse.

3. Compare prices. Check the unit price on canned and packaged foods. Then purchase the container that costs less per unit. The "large economy size" will often have the lower unit price. But, it may not be a bargain if you have to throw some away.

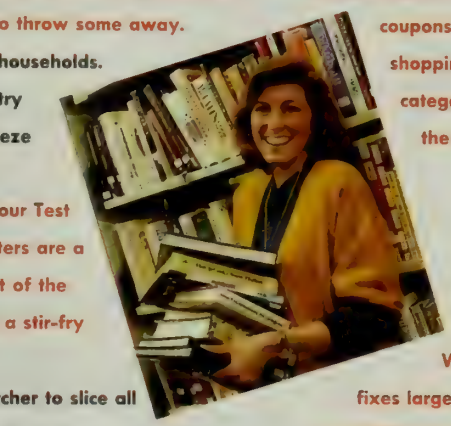
4. Take a hint from editors in small households. Buy larger packs of meats and poultry (at a lower cost-per-pound) and freeze them in family-size portions.

5. Maryellyn Krantz, who works in our Test Kitchen, finds that chicken hindquarters are a great buy. You can make a meal out of the drumsticks, then bone the thighs for a stir-fry meal another night.

6. When ham is on sale, ask the butcher to slice all or part of it. (Most butchers will do this at no additional cost.) At home, freeze the sliced ham in quarter-pound portions for sandwiches later on.

7. You'll pay almost double for vegetables frozen in butter or with seasonings compared to plain veggies. When you have more time for cooking, purchase plain vegetables and add your own sauce or seasonings.

8. For quenching your family's thirst, buy powdered drink mixes or cans of frozen juice concentrates (such as lemonade) rather than an endless supply of carbonated drinks.



Be a coupon clipper

Using cents-off coupons is a way of life for many of us. Try these pointers to make your efforts pay off:

9. Only use coupons on those items that you normally buy. Purchasing an extra food, just because you have a coupon, is no bargain if the family won't eat it.

10. Get your children involved. Rob, the 11-year-old son of our food stylist Janet Herwig, does his bit. He clips coupons and makes sure that Janet turns them in at the checkout counter. Rob's payoff: He gets to keep half of the coupon savings.

11. Look for stores that refund twice the value of a manufacturer's coupon.

12. Maryellyn Krantz finds that some grocery stores will accept both a manufacturer's coupon and the store's coupon (from a newspaper ad) on the same item. When you can use two coupons on one product, the coupon savings really add up.

13. Take your coupons with you whenever you shop. Julia Malloy, one of our busy magazine editors, makes time to file coupons by category in an easy-to-tote box. While shopping, she compares prices of other foods in the category to see whether the product with the coupon is the best value.

Be a prudent cook

With a little extra kitchen time, you can shave dollars off your grocery bill.

14. Make homemade "convenience" foods. Lois White, who writes for our custom publishing group, fixes large batches of waffles, breads, plate dinners, spaghetti sauce, and lasagna, then freezes them in smaller portions for later meals.

15. Turn bits and pieces of leftovers (meats, poultry, rice, pasta, and vegetables) into a delicious soup or stew.

16. When a recipe calls for half a can of a fruit or vegetable, freeze the other half in a freezer container. That way, you avoid a refrigerator full of odds and ends that wind up getting pitched (if you don't make a soup as mentioned above).

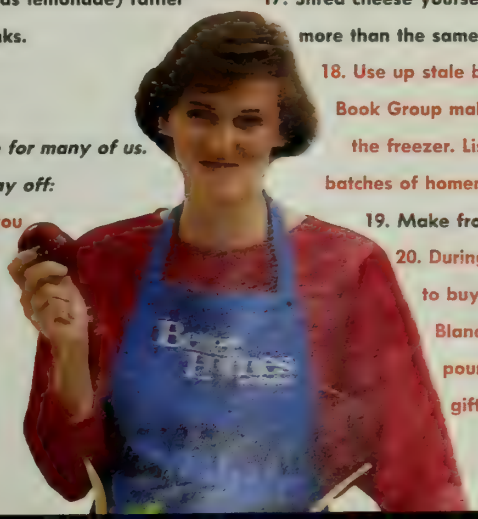
17. Shred cheese yourself. Packages of shredded cheese cost more than the same amount of cheese in wedges or blocks.

18. Use up stale bread. Rosemary Hutchinson from our Book Group makes soft bread crumbs and stores them in the freezer. Lisa Holderness, on the other hand, fixes batches of homemade croutons for salads.

19. Make frozen treats from fruit juices.

20. During the summer, visit pick-your-own groves to buy large amounts of produce. Lynn Blanchard, another Test Kitchen pro, uses pounds of fruits to prepare jam for holiday gift giving.

continued on page 96.



Hillshire Farm "Smokin' Smokies"

THREE HOLIDAY DIPPERS. 25 MINUTES.



BOURBON WIENERS
2 cups ketchup, ¾ cup brown sugar, ¾ cup bourbon, 1 T. onion, grated, ½ cup water

ORANGE GLAZE
1 cup brown sugar, 1 T. flour, 2 T. mustard, 1 T. vinegar, ¼ cup orange juice concentrate undiluted

OR try your favorite barbecue sauce. Combine ingredients and heat for 25 minutes. Serve dips with Hillshire Farm® Lit'l Smokies or Wieners. Makes approx. 50 appetizers.



Hillshire Farm

ONLY GOOD THINGS COME FROM THE FARM.

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1 Tbsp. cooking oil
16 1½-inch Freezer Meatballs (see recipe, *below*), thawed
2 cups hot cooked rice

● **For sauce, stir** together water, soy sauce, cornstarch, ginger, bouillon granules, and pepper. Set aside.

● **In a large skillet cook** broccoli and carrots in hot oil over medium-high heat for 5 to 6 minutes or till vegetables are crisp-tender. Remove vegetables from skillet. Stir sauce; add to skillet. Cook and stir over medium heat till thickened and bubbly. Stir in vegetables and thawed meatballs; cover and cook about 5 minutes or till meatballs are heated through. Serve with hot cooked rice. Makes 4 servings.

Nutrition information per serving: *409 cal. (38% from fat), 17 g fat, 79 mg chol., 22 g pro., 42 g carbo., 2 g dietary fiber, 812 mg sodium. U.S. RDA: 11% calcium, 26% iron, 146% vit. A, 60% vit. C, 27% thiamine, 21% riboflavin, and 37% niacin.*

FREEZER MEATBALLS

To use the frozen meatballs, let them stand, covered, in the refrigerator for 8 hours or overnight to thaw. Or, defrost them in the microwave oven just before using—

1 beaten egg
¾ cup soft bread crumbs (1 slice)
⅓ cup milk
1 tsp. Worcestershire sauce

FABULOUS FAMILY MEALS UNDER $10

(Recipes pictured on pages 84-91.)

How we figured the cost of recipes

The costs for the menus on the previous pages were based on prices in a Des Moines, Iowa, supermarket last June. Prices for the menus on pages 86-91 were figured using nationally advertised brands. For all menus, we did not include the price of these staples: seasonings, cornstarch, vanilla, Worcestershire sauce, sugar, and baking powder. Optional ingredients also were not figured into the total cost.

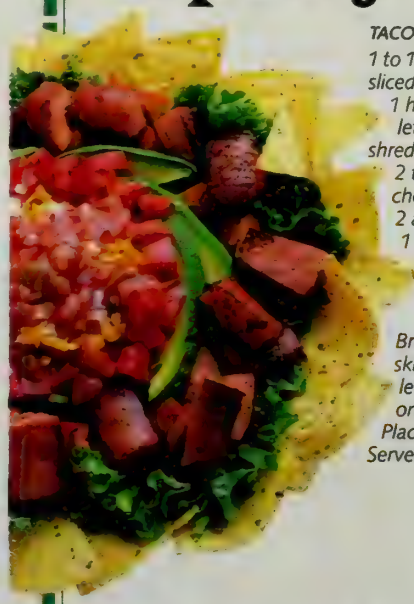
LOIS WHITE'S RECIPES

ORIENTAL MEATBALLS AND VEGETABLES

Lois can fix this homey dish on busy weeknights, thanks to meatballs that she's made ahead and kept in the freezer—

¾ cup water
2 Tbsp. soy sauce
2 tsp. cornstarch
½ tsp. ground ginger
½ tsp. instant beef bouillon granules
¼ tsp. pepper
3 cups loose-pack frozen broccoli cuts
2 medium carrots, bias-sliced ¼ inch thick (1 cup)

Hillshire Farm "Speedy Tacos"



TACO SALAD. 20 MINUTES.
1 to 1½ lbs. Hillshire Farm® Lite, sliced
1 head of lettuce, shredded
2 tomatoes, chopped
2 avocados, sliced
1 large red onion, chopped
1 cup grated cheddar chee
Taco sauce to taste
1 bag tortilla chips

Brown Hillshire Farm® Lite in skillet and drain. Arrange with lettuce, tomatoes, avocados, onion, cheese and sauce. Place tortilla chips around edge. Serves 6.



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tsp. onion powder
tsp. salt
tsp. garlic powder
lb. ground beef

a large bowl combine egg, bread crumbs, milk, rcestershire sauce, onion powder, salt, and garlic pow- Add beef. Mix well. Shape *half* of meat mixture into 16 -inch meatballs; shape remaining beef mixture into 24 1- meatballs. Place all of the meatballs in a single layer in x10x1-inch baking pan.

ake in a 350° oven for 20 minutes or till meatballs are onger pink in center. Remove with slotted spoon and n on paper towels. Cool meatballs for 15 minutes.

ace the 16 1½-inch meatballs in one freezer container he Oriental Meatballs and Vegetables recipe. Place the -inch meatballs in another freezer container for the tball and Bean Soup recipe. Seal, label, and freeze con- ers for up to 6 months. Makes 40 meatballs.

trition information per 4 1½-inch meatballs (1/8 of recipe): *198 (63% from fat), 13 g fat, 79 mg chol., 15 g pro., 3 g o., 0 g dietary fiber, 143 mg sodium. U.S. RDA: 11% 12% riboflavin, 20% niacin.*

US-GREENS SALAD

erg tends to be the least expensive lettuce during winter ths; other times of year try in-season greens—

medium oranges
cup plain yogurt
tsp. sugar
head iceberg lettuce, cut into 4 wedges

ely shred enough orange peel to measure *¼ teaspoon;* side. Working over a small bowl, peel and section ges, reserving orange juice.

r dressing, in a small bowl stir together orange peel, ved orange juice, yogurt, and sugar. Place a lettuce e on each salad plate; arrange orange sections on top. on dressing atop salads. Makes 4 servings.

trition information per serving: *61 cal., (8% from fat), 1 g mg chol., 2 g pro., 12 g carbo., 2 g dietary fiber, 23 mg um. U.S. RDA: 11% calcium, 61% vit. C.*

RRY-APPLE COBBLER

t apple variety works best in baked recipes? Look for en Delicious, Granny Smith, or Jonathan apples—

cup Homemade Biscuit Mix (see recipe, *page 98*)
Tbsp. whole wheat flour
Tbsp. sugar
egg
Tbsp. milk
cooking apples, peeled, cored, and thinly sliced
cups frozen unsweetened pitted tart red cherries
cup sugar
Tbsp. water
Tbsp. cornstarch
tsp. sugar
tsp. ground cinnamon
cup light cream *or* half-and-half (optional)

a medium mixing bowl combine biscuit mix, whole t flour, and the 1 tablespoon sugar. Beat egg slightly; ine with milk. Set aside.

continued on page 98

The best way to overcome these elements



is to mix these.

HOT SPICED TEA

FROM TANG™

1⅓ cups Tang Orange Flavor Beverage Crystals
⅓ cup instant tea
1 teaspoon cinnamon
½ cup sugar
½ teaspoon ground cloves

Combine and store in a tightly covered jar. For one serving, place one rounded teaspoon in a cup. Add boiling water. Stir and enjoy.



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Skillet Herb Roasted Chicken

2 tbsp. all-purpose flour
¼ tsp. *each* ground sage and dried thyme
4 skinless, boneless chicken breast halves or 6 skinless, boneless chicken thighs (about 1 lb.)
2 tbsp. margarine
1 can Campbell's® Cream of Chicken Soup
½ cup water
Hot cooked rice

1. On waxed paper, combine flour, sage and thyme. Coat chicken lightly with flour mixture.
2. In skillet over medium-high heat, in hot margarine, cook chicken 10 min. or until browned on both sides; push chicken to one side.
3. Stir in soup and water, stirring to loosen browned bits. Reduce heat to low. Cover; simmer 5 min. or until chicken is fork-tender. Serve over rice. Garnish with fresh thyme if desired.

4 servings. Prep time: 5 min. Cook time: 15 min.

Serving Suggestion: Pictured over parslied rice.



©1991 Campbell Soup Company

Mm! Mm! Good!®

FABULOUS FAMILY MEALS UNDER $10

continued from page 97

● **In a medium saucepan combine** apples, frozen cherries, the ¼ cup sugar, and *1 tablespoon* of the water. Bring to boiling; reduce heat. Cover and simmer for 5 minutes or till apples are almost tender, stirring occasionally. Combine cornstarch with remaining 1 tablespoon water; add to fruit. Cook and stir over medium heat till thickened and bubbly. Transfer hot cherry-apple mixture to a 1-quart casserole.

● **Add the egg-milk mixture** all at once to the dry ingredients, stirring just till moistened. Immediately spoon biscuit topping into 4 mounds onto hot fruit mixture. Stir together the 1 teaspoon sugar and cinnamon. Sprinkle over dough.

● **Bake in a 400° oven** about 15 minutes or till toothpick inserted into biscuits comes out clean. Serve warm with cream. Makes 4 servings.

Nutrition information per serving: *245 cal. (20% from fat), 6 g fat, 54 mg chol., 4 g pro., 47 g carbo., 3 g dietary fiber, 143 mg sodium. U.S. RDA: 10% vit. A, 14% thiamine, 13% riboflavin.*

HOMEMADE BISCUIT MIX

To measure, lightly spoon the mix into a measuring cup for dry ingredients; level off with the flat side of a knife—

1¾ cups all-purpose flour
1 Tbsp. baking powder
1 Tbsp. sugar
½ tsp. salt
⅓ cup shortening

● **In a bowl stir together** flour, baking powder, sugar, and salt. Cut in shortening till mixture resembles coarse crumbs. Store in an airtight container for up to 6 weeks at room temperature or for up to 6 months in the freezer. Use to make Cherry-Apple Cobbler and Cornmeal Biscuits. If frozen, bring mix to room temperature before using. Makes about 2¼ cups.

MEATBALL AND BEAN SOUP

If you're restricting sodium in your diet, use low-sodium tomatoes and add only 2 teaspoons bouillon granules. You'll save 600 milligrams of sodium per serving of soup—

4 cups water
1 16-oz. can tomatoes, cut up
1 15-oz. can dark red kidney beans, rinsed and drained
1 carrot, thinly sliced
4 tsp. instant beef bouillon granules
½ tsp. dried oregano, crushed
¼ tsp. dried thyme, crushed
Several dashes bottled hot pepper sauce
½ cup elbow macaroni
24 1-inch Freezer Meatballs (see recipe, *page 96*), thawed
Grated Parmesan cheese (optional)

● **In a 3-quart saucepan combine** water, *undrained* tomatoes, beans, carrot, bouillon granules, oregano, thyme, and hot pepper sauce. Bring to boiling. Add macaroni. Return to boiling; reduce heat. Cover and simmer for 5 minutes. Add meatballs. Return to boiling; reduce heat. Simmer about 5 minutes more or till meatballs are heated through. Sprinkle each serving with Parmesan cheese, if desired. Makes 4 main-dish servings.

Nutrition information per serving: *374 cal. (33% from fat), 14 g fat, 79 mg chol., 26 g pro., 39 g carbo., 7 g dietary fiber, 1,384 mg sodium. U.S. RDA: 12% calcium, 30% iron, 74% vit. A, 36% vit. C, 25% thiamine, 36% riboflavin, 32% niacin.*

CORNMEAL BISCUITS

1½ cups Homemade Biscuit Mix (see recipe, *left*)
½ cup cornmeal
½ cup milk
Margarine *and/or* honey (optional)

● **In a medium mixing bowl combine** biscuit mix and cornmeal. Make a well in the center; add milk all at once. Stir just till dough clings together.

● **On a lightly floured surface, knead** dough gently for 10 to 12 strokes. Roll or pat dough to a 6-inch circle. Cut into eight wedges. Arrange wedges 1 inch apart on ungreased baking sheet; sprinkle with additional cornmeal.

● **Bake in a 400° oven** for 10 to 12 minutes or till golden. Serve biscuits warm with margarine and honey. Makes 4 servings.

Nutrition information per serving: *32[illegible] cal. (36% from fat), 13 g fat, 2 mg chol., 6 g pro., 45 g carbo., 2 g dietary fiber, 388 mg sodium. U.S. RDA: 21% calcium, 16% iron, 38% thiamine 23% riboflavin, 20% niacin.*

continued on page 10[illegible]

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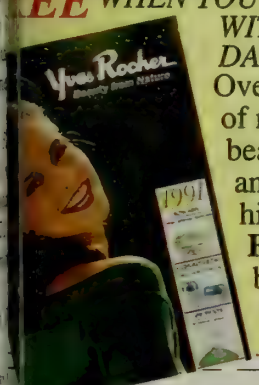
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FABULOUS FAMILY MEALS UNDER $10

continued from page 98

LISA HOLDERNESS' RECIPES

SHERRIED BLACK BEAN SOUP

If you can't find canned black beans in your supermarket, you can use canned kidney beans instead—

- ½ cup thinly sliced carrot
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 Tbsp. cooking oil
- 2 tsp. ground cumin
- 2 15-oz. cans black beans, rinsed and drained
- 1 cup cubed, fully cooked ham
- ¼ cup dry sherry *or* water
- 1 tsp. instant beef *or* chicken bouillon granules
- 2 bay leaves
- 1 tsp. dried oregano, crushed
- ⅛ tsp. ground red pepper
- ¼ cup dairy sour cream
- ¼ cup frozen peas, thawed

● **In a 3-quart Dutch oven cook** carrot, onion, and garlic in hot oil over medium-low heat for 3 minutes. Add cumin and cook till carrots are tender. Stir in 4 cups *water,* the beans, ham, sherry, bouillon granules, bay leaves, oregano, and ground red pepper. Bring to boiling; reduce heat.

● **Simmer,** uncovered, for 25 minutes. Remove bay leaves. To serve, ladle into bowls; top with sour cream and a few peas. Makes 4 main-dish servings.

Nutrition information per serving: *295 cal. (25% from fat), 9 g fat, 17 mg chol., 23 g pro., 36 g carbo., 11 g dietary fiber, 1,170 mg sodium. U.S. RDA: 17% calcium, 30% iron, 69% vit. A, 24% vit. C, 52% thiamine.*

FRESH GREENS WITH HONEY-JALAPEÑO DRESSING

- ¼ tsp. finely shredded lime peel
- 2 Tbsp. lime juice
- 1 Tbsp. honey
- Dash ground nutmeg
- ¼ cup salad oil
- 1 to 2 tsp. chopped fresh *or* canned jalapeño pepper
- 4 cups torn salad greens (such as Bibb, leaf lettuce, *or* iceberg)
- 1 large orange
- 2 Tbsp. sliced almonds, toasted

● **In a blender container combine** lime peel, lime juice, honey, and nutmeg. With blender running, add salad oil in a steady stream through opening in lid. Add jalapeño pepper; blend just till combined. Cover and chill.

● **At serving time,** place greens in a bowl. Using a sharp knife, remove and discard peel and white membrane from orange. Thinly slice orange; quarter each slice. Add orange and almonds to greens. Drizzle with dressing; toss. Makes 4 side-dish servings.

Nutrition information per serving: *188 cal. (73% from fat), 16 g fat, 0 mg chol., 2 g pro., 11 g carbo., 2 g dietary fiber, 25 mg sodium. U.S. RDA: 26% vit. A, 51% vit. C.*

WHOLE WHEAT BRICK ALLEY BREAD

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1½ tsp. baking powder
- ¾ tsp. salt
- ½ tsp. baking soda
- 1 beaten egg
- 1 cup buttermilk *or* sour milk
- 3 Tbsp. honey
- 1 cup raisins
- 1 beaten egg white

● **In a large bowl combine** flours, baking powder, salt, and baking soda. Combine the 1 beaten egg, buttermilk, and honey. Add egg mixture to flour mixture; stir just till moistened. Stir in raisins. Turn dough out onto a greased baking sheet; pat with wet fingers to an 8-inch round (dough will be wet). Brush with egg white.

● **Bake in a 350° oven** about 25 minutes or till golden brown and toothpick comes out clean. If necessary, cover with foil the last 5 minutes to prevent overbrowning. Serve warm. Makes 1 loaf (16 servings).

Nutrition information per serving: *108 cal., (8% from fat), 1 g fat, 14 mg chol., 3 g pro., 23 g carbo., 2 g dietary fiber, 178 mg sodium.*

KRISTI FULLER'S RECIPES

CHICKEN PROVENÇALE

Provençale (proh-vahn-SAHL) describes dishes prepared in the style of Provence—a region in southern France. These dishes typically include tomatoes, olives, and garlic. Even though Kristi lives in Iowa, she loves this dish because it's fresh tasting, colorful, and easy to fix—

- 4 plum tomatoes, chopped
- ½ of a 6-oz. can pitted ripe olives, sliced
- 1 Tbsp. olive oil *or* cooking oil
- 2 tsp. dried basil, crushed
- 2 cloves garlic, minced
- 1 beaten egg white
- 1 tsp. water
- ¼ cup fine dry bread crumbs
- 2 Tbsp. snipped parsley
- ¼ tsp. lemon-pepper seasoning
- 2 skinless, boneless chicken breast halves (8 oz. total)
- 2 tsp. margarine, melted
- 1 medium carrot
- 1 medium zucchini
- 3 oz. fettuccine
- 1 tsp. margarine
- Grated Parmesan cheese

● **For sauce,** combine tomatoes, olives, olive oil, basil, and garlic. Let stand at room temperature for 1 hour.

● **In a small bowl combine** egg white and water. In a shallow bowl combine bread crumbs, parsley, and lemon-pepper seasoning. Dip chicken in the egg mixture, then roll in crumbs. Place chicken in a shallow baking pan. Drizzle with the 2 teaspoons melted margarine. Bake in a 350° oven 30 to 40 minutes or till no longer pink.

● **Meanwhile, in a skillet** cook tomato mixture, uncovered, over medium heat for 5 to 7 minutes. Keep warm.

● **Using a vegetable peeler,** cut carrot and zucchini lengthwise into long, thin slices. Cook fettuccine according to package directions, adding carrot and zucchini for the last minute of cooking. Drain pasta and vegetables. Toss with remaining margarine.

● **To serve,** divide fettuccine mixture between two dinner plates. Top each with a chicken breast and tomato sauce. Sprinkle with cheese. Serves 2.

Nutrition information per serving: *573 cal. (36% from fat), 23 g fat, 62 mg chol., 34 g pro., 58 g carbo., 3 g dietary fiber, 828 mg sodium. U.S. RDA: 39% iron, 160% vit. A, 51% vit. C.*

GRILLED HONEY-SOY CHICKEN SANDWICHES

Spread ketchup or mustard on each bun before serving—

- 3 Tbsp. orange juice
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. honey
- 1 tsp. lemon-pepper seasoning

continued on page 104

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HINTS FOR THIS MONTH'S CATEGORIES

Jams and Jellies

Send us your recipes for preserving the fresh tastes of summer. Does your recipe feature herbs, spices, or a special ingredient? Or, is it an out-of-the-ordinary mix of fruits?

Garden Vegetable Dishes

Recipes starring any fresh vegetable or vegetable combination could win. Vegetable salads, breads, side dishes, or meatless main dishes qualify.

WINNERS IN THIS ISSUE (pages 79 and 80)

$200 Winners

Doreen Firouzbakht, *Friendswood, Tex.*
Anji Pickett, *Seattle, Wash.*

$100 Winners

Julie DeMatteo, *Clementon, N.J.*
Julie Hill, *Tujunga, Calif.*

Honor Roll Winners

Each received a Sunbeam Oskar®.
Amina R. Burtnik, *Houston, Tex.;* Natalie Evancheck, *Comstock, Tex.;* Suzanne Henery, *Wooster, Ohio;* Linda Keith, *Carrollton, Tex.;* Sally McDuff, *Oklahoma City, Okla.;* Tina Sutton, *Cardiff by the Sea, Calif.*

CONTEST RULES

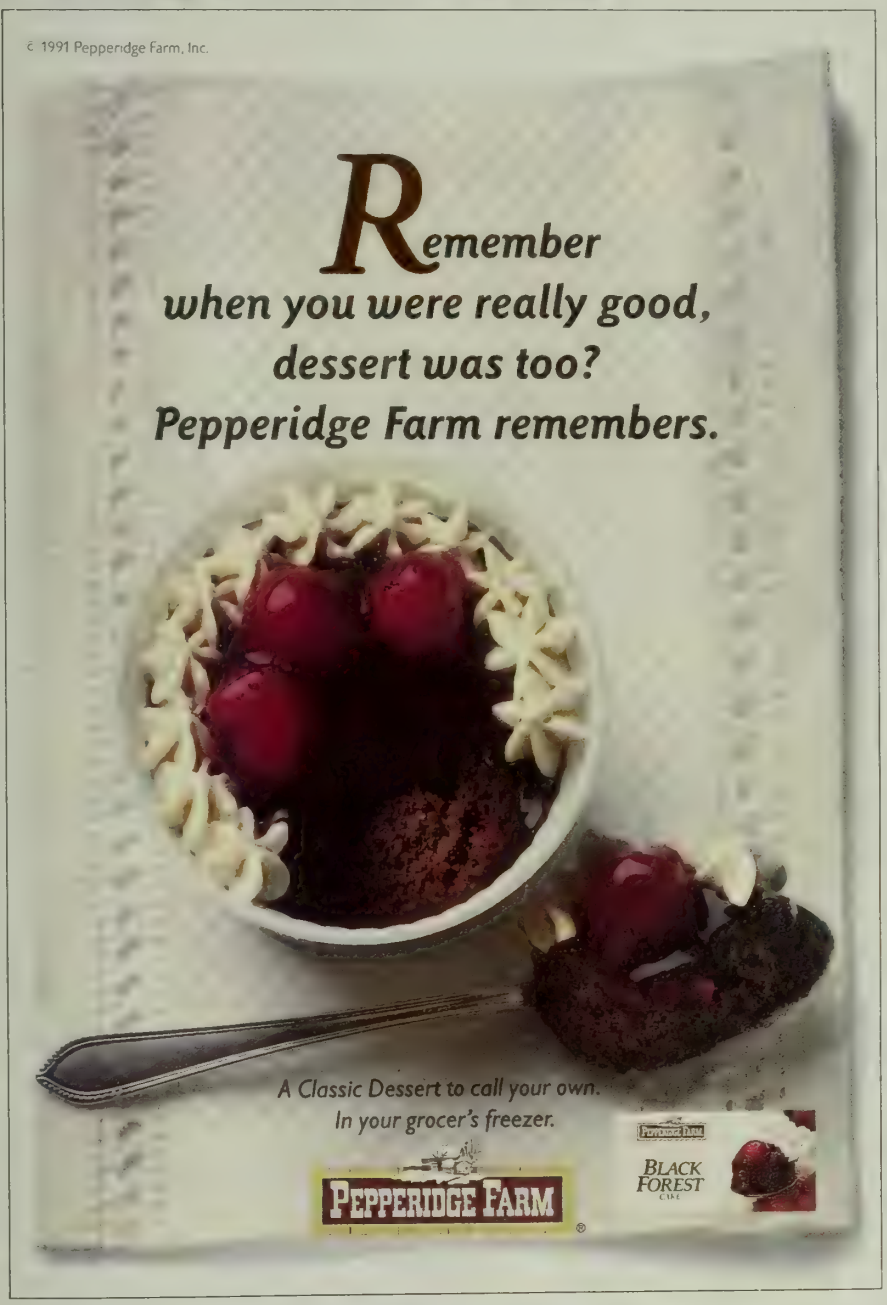
1. Contest is open to U.S. residents, except Meredith Corp. employees, affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "August Jams and Jellies" or "August Garden Vegetable Dishes." Specify recipe origin and ingredient brands. **3.** Address to 9208 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark by January 31, 1992. **5.** Winners are selected 60 days later, then notified by mail. **6.** Entries must be original, and are judged on creativity and taste. **7.** Entries are not returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust recipes. **8.** Entry constitutes permission to use hometown and winner's name for editorial purposes.

A LESSON IN LIQUEURS
For drinking and cooking

Soft, smooth, and silky—a tiny glass of liqueur brings richness and warmth to a relaxing evening. Liqueurs, or cordials, impart sweet, intense flavors because they contain a sugar syrup along with a fruit- or spice-flavored brandy or alcohol. That means a little liqueur goes a long way, and one bottle lasts a long time.

If you buy a bottle of liqueur whenever a special occasion arises, you'll soon build up a wide selection for drinking and cooking. For drinking, serve liqueurs either straight (without ice) or over ice. For cooking, pick from the following ideas.

Fruit: The lexicon of fruit liqueurs reads like a summer orchard: apple (calvados), apricot, banana, blackberry, cherry (kirsch), cranberry, currant (crème de cassis), lime, mango, melon (Midori), orange (Cointreau, curaçao, Grand Marnier, and Triple Sec), passion fruit, peach, pear, raspberry (framboise), and strawberry.



Stir a spoonful of any fruit liqueur into a dessert sauce or drizzle it over ice cream. Or, splash some liqueur into whipped cream or champagne to spoon over fresh fruit.

Nut: The nuttiest tasting of all are almond (amaretto) and hazelnut (Frangelico) liqueurs. These cordials are interchangeable and taste delicious in ice cream, whipped cream, custards, and even chocolate cake. Combine either one with a little cream to make a great dessert drink.

Chocolate: For chocolate fans, crème de cacao and mint-chocolate Vandermint are musts. Stir a spoonful into hot cocoa or into a fudge topping for ice cream. And, for cheesecake or chocolate mousse, substitute either liqueur for some of the liquid.

Coffee: Enjoy the rich taste of java in crème de cafe, Mexican Kahlúa, or Jamaican Tía Maria. Add a spoonful to just about anything chocolate to create a mocha flavor. Or, stir some into a cup of freshly brewed coffee.

Herbs and spices: Some liqueurs are based on the aromatic flavors of herbs and spices. Licorice-flavored anise is predominant in anisette, Galliano, and sambuca. Heady mint stands out in green or white crème de menthe and chocolate Vandermint. Pour them over ice cream for dessert.

Creams: Crème de cacao, crème de crème de cafe, and Irish cream all contain some form of cream. Use them in cooking the same way you'd use any of the nut, coffee, and chocolate liqueurs.

FABULOUS FAMILY MEALS UNDER $10

continued from page 100

½ tsp. ground ginger
⅛ tsp. garlic powder
2 skinless, boneless chicken breast halves (8 oz. total)
2 whole wheat hamburger buns
Lettuce leaves
1 plum tomato, sliced

● **In a shallow, nonmetallic dish** combine orange juice, soy sauce, honey, lemon-pepper seasoning, ginger, and garlic powder. Set aside.

● **Place** chicken breasts between two sheets of plastic wrap. Pound each with a meat mallet until ½ inch thick; place in marinade. Cover; refrigerate for 4 to 6 hours or overnight.

● **At serving time, remove** chicken from marinade, reserving marinade. Place chicken on an uncovered grill directly over *medium-hot* coals. Grill about 10 minutes or till tender and no longer pink, turning chicken once. (*Or,* place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 6 to 7 minutes, turning once.) During the last 2 minutes of grilling or broiling, brush chicken with reserved marinade.

● **Split** buns and place on grill rack or broiler pan for 1 to 2 minutes to toast. Serve chicken breasts on toasted buns. Top each with lettuce and tomato slices. Makes 2 servings.

Nutrition information per serving: *318 cal. (16% from fat), 5 g fat, 73 mg chol., 32 g pro., 34 g carbo., 2 g dietary fiber, 1,107 mg sodium. U.S. RDA: 19% iron, 29% vit. C, 28% thiamine, 21% riboflavin, 94% niacin.*

MEDITERRANEAN PASTA SALAD

Enjoy half the salad with the chicken sandwich; cover and chill leftovers up to three days for another meal—

3 oz. fettuccine, broken
1 medium carrot, cut into julienne strips
½ of a 6-oz. can pitted ripe olives, halved
2 Tbsp. vinegar
1 Tbsp. olive oil *or* cooking oil
¾ tsp. dried basil, crushed
½ tsp. sugar
⅛ tsp. onion powder
1 clove garlic, minced

● **Cook fettuccine** according to package directions, adding carrots the last 1 to 2 minutes of cooking. Drain pasta and carrots; rinse with cold water. Drain again and place in a medium bowl; add olives.

● **In a screw-top jar combine** vinegar, oil, basil, sugar, onion powder, garlic, 1 tablespoon *water,* and dash *pepper.* Cover; shake well. Pour dressing over pasta mixture; toss. Cover; chill. Stir occasionally and again just before serving. Makes 4 side-dish servings.

Nutrition information per serving: *150 cal. (36% from fat), 6 g fat, 0 mg chol., 3 g pro., 22 g carbo., 1 g dietary fiber, 191 mg sodium. U.S. RDA: 65% vit. A.*

COLLEEN WEEDEN'S RECIPES

TOFU-CHEESE-STUFFED SHELLS

12 jumbo pasta shells
¼ cup shredded carrot
2 Tbsp. sliced green onion
8 oz. tofu
½ cup low-fat ricotta cheese
½ cup shredded cheddar cheese
½ cup shredded mozzarella cheese (2 oz.)
1 beaten egg white
1 16-oz. can tomatoes, cut up
½ of a 6-oz. can tomato paste
1 tsp. dried basil, crushed
1 tsp. dried oregano, crushed
½ tsp. sugar
¼ tsp. garlic powder
¼ tsp. fennel seed, crushed (optional)

● **Cook pasta shells** according to package directions. Drain. Rinse with cold water. Drain and set aside. Meanwhile, in a small saucepan cook carrot and green onion in a small amount of water till tender. Drain.

● **For filling,** in a medium mixing bowl mash tofu with a fork. Stir in the carrot-onion mixture, ricotta cheese, cheddar cheese, *¼ cup* of the mozzarella, the egg white, ¼ teaspoon *salt,* and ¼ teaspoon *pepper.*

● **For sauce,** in a saucepan combine *undrained* tomatoes, tomato paste, basil, oregano, sugar, garlic powder, and fennel seed. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes.

● **Stuff each cooked shell** with *about 1 rounded tablespoon* of filling. Place shells in an ungreased 8x8x2-inch baking dish. Pour sauce over shells. Top with remaining mozzarella cheese. Bake, covered, in a 350° oven for 25 minutes or till hot. Serves 4.

Nutrition information per serving: *316 cal. (36% from fat), 13 g fat, 32 mg chol., 21 g pro., 31 g carbo., 2 g dietary fiber, 714 mg sodium. U.S. RDA: 49% calcium, 39% iron, 55% vit. A, 48% vit. C, 25% thiamine, 28% riboflavin.*

ROMAINE AND WALNUT SALAD

4 cups torn romaine lettuce
2 plum tomatoes, sliced
½ cup sliced fresh mushrooms
¼ cup chopped walnuts
¼ cup red wine vinegar
2 Tbsp. salad oil
2 Tbsp. honey
¼ tsp. dry mustard

● **In a mixing bowl toss** together romaine, tomatoes, mushrooms, and walnuts. In a screw-top jar combine vinegar, oil, honey, and dry mustard. Cover and shake well. Pour over romaine mixture. Toss to coat. Serves 4.

Nutrition information per serving: *159 cal. (62% from fat), 12 g fat, 0 mg chol., 2 g pro., 14 g carbo., 2 g dietary fiber, 9 mg sodium. U.S. RDA: 21% vit. A, 33% vit. C, 10% riboflavin.*

CHOCOLATE-PEANUT BUTTER PUDDING

In the springtime, serve with berries—

½ cup sugar
¼ cup unsweetened cocoa powder
3 Tbsp. cornstarch
2 cups skim milk
½ cup peanut butter
1 tsp. vanilla
1 banana, sliced

● **In a medium saucepan combine** the sugar, cocoa powder, and cornstarch. Stir together milk, peanut butter, and vanilla; add to sugar mixture. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Pour into a bowl. Cover surface with plastic wrap. Chill till set or up to 24 hours.

● **To serve, spoon** *half* of the pudding into four individual dessert cups; top each using *half* of the banana. Spoon remaining pudding over bananas; arrange remaining banana slices atop. Serve immediately. Makes 4 servings.

Nutrition information per serving: *372 cal. (40% from fat), 17 g fat, 2 mg chol., 15 g pro., 43 g carbo., 2 g dietary fiber, and 214 mg sodium. U.S. RDA. 28% calcium and 33% niacin.*

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Daily parades captivate the crowds, as giant balloons bounce gaily above, and dancers swirl among colorful floats. Surprise Celebration is one of Disney's latest Magic Kingdom creations.

doing Disney

Twenty years old, and going strong! That's real cause for celebration at Florida's fabulous Disney World, where familiar attractions still captivate both young and old, and new extravaganzas keep families hustling back for more.

THEME PARKS come in two types—Disney and everything else. Lumping Disney with its competitors is like comparing Cinderella's Castle with Barbie's dollhouse. It's Goofy to try. Not only is Orlando's Walt Disney World larger than any other theme park—the massive complex is about the same size as San Francisco—it's also more diverse. With parades, fireworks, and live performances, Disney takes entertainment to a level most parks can't hope to attain. If you want to splurge on one blowout family vacation, don't Mickey Mouse around. Head for Disney World in Florida.

A lot has changed since Disney World opened in October 1971. Two theme parks have been added—Epcot Center and Disney-MGM Studios—plus a pair of water parks and a nightclub getaway. One of the best recent innovations is a trio of affordable hotels. At the Caribbean Beach Resort, Port Orleans, and Dixie Landings—scheduled to open in February—room rates run $85–$104 a day, compared with $190–$200 for other Disney hotels. And, to celebrate its 20th anniversary, Disney World has unveiled new daytime and evening parades, shows, and other attractions.

The parks. Florida's reincarnation of Disneyland, **the Magic Kingdom,** is the traditional favorite for visitors of all ages. If you have young children, make this your first stop. The little ones will likely want to return, so give them something to look forward to by visiting Epcot and Disney-MGM Studios between your Magic Kingdom forays.

Diversions in the Magic Kingdom's seven lands range from heart-pounding Space Mountain and Big Thunder Mountain Railroad to relaxing water-based rides that escape Florida's heat and humidity. Cute and tame, It's a Small World wins wee hearts, while Pirates of the Caribbean enchants with its briny yo-ho-ho. Board the Jungle Cruise for safari thrills during the day and romance at night. Visit 20,000 Leagues Under the Sea in daylight to appreciate the coral's varied hues.

Coming soon: Splash Mountain, a Br'er Rabbit water thrill ride, debuts this fall.

Golf-ball-shaped Spaceship Earth towers over **Epcot Center,** a monorail ride from the Magic Kingdom. Epcot actually houses two theme parks. Spaceship Earth rises above the seven pavilions of Future World, while World Showcase's pavilions from 11 nations afford you a slick way to go on a world tour.

Allow two days to explore Epcot, which sprawls over an area two-and-a-half times as big as the Magic Kingdom. In that time, you can visit many of Epcot's major attractions and dabble with the hands-on exhibits that lend the vitality of a good science museum to parts of Future World.

Michael Jackson's Captain EO 3-D film and the shake-rattle-and-roll Body Wars ride add zest to Future World. The outstanding Wonders of Life pavilion teems with activities for the whole family. At The Living Seas, a giant aquarium, you can go nose to snout with a shark.

Lines are less of a problem at the World Showcase than elsewhere in Disney World. Large numbers can pile into theaters for China's and Canada's 360-degree retrospectives and the American Adventure. What slows you down is a tourist's natural inclination to sample local cuisines and shop for souvenirs. Allow time to watch mimes in France, belly dancers at Morocco, Mexican mariachis. . . .

Disney-MGM Studios takes you behind the scenes of movie and TV production. Indiana Jones Epic

continued on page 110



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doing Disney

continued from page 109

Stunt Spectacular is a must-see; stunt doubles, with help from audience volunteers, give you a peek at action-packed special effects. In the Monster Sound Show, four visitors test their skills at creating the creaks and squeaks that add impact to a Chevy Chase-Martin Short mini-movie. More folks show their stuff at Superstar Television—playing the part of Ethel, for example, in the hilarious chocolate-factory assembly line scene with Lucy.

Star Tours offers a stomach-churning ride much like Epcot's Body Wars. In the Backstage Studio Tour, you'll careen through an explosion and a flood in Catastrophe Canyon. (Sit on the right to stay dry.) The Teenage Mutant Ninja Turtles wander through MGM, as kids line up to pose for pictures. Jim Henson's Muppets star in two new shows, Muppet Vision 3-D and the *Here Come the Muppets* musical revue. The animation tour shows the process of creating Disney's famous animated films, while the Great Movie Ride stars Audio-Animatronics versions of such legendary films as *The Wizard of Oz* and *Mary Poppins.*

Other attractions. River Country features rope swings and other delights of an old-fashioned swimming hole. At the newer and much larger Typhoon Lagoon, you can body surf in a 2½-acre pool, speed down water slides, learn to snorkel, then test your new skill among non-people-eating sharks and other fish. Or, just settle into an inner tube and drift on Castaway Creek. Save big on five golf courses with twilight rates of $35–$45, compared to $70–$85 normally.

Disney for adults. Pleasure Island is Disney's theme park equivalent of Touchstone Pictures. Adult entertainment in six nightclubs throbs to different beats, from country-western at the Neon Armadillo to Mannequins' revolving dance floor, where strobe lights punctuate pulsating music. Looking for laughs in all the wrong places? Try the Comedy Warehouse. *Note:* Even though only a couple of clubs bar kids, Pleasure Island isn't designed for children.

Disney on parade. It's not often that you get to view a 35-foot Minnie Mouse trying to pass for Carmen Miranda with a head full of tropical fruit. But that's what happens when Surprise Celebration sambas its way through the Magic Kingdom each afternoon. Colorful floats, dancers, a dozen stilt walkers, and four-story balloons of Mickey, Donald, and other characters combine the larger-than-life flash of Macy's Thanksgiving Parade with the infectious frivolity of Mardi Gras and the Latin rhythms of Rio's carnival.

In the evening, Disney dazzles again with its new SpectroMagic nighttime parade. SpectroMagic floats brighten the ebony skies with hundreds of thousands of colored lights plus the pizzazz of fiber optics. Mickey Mouse, ablaze in a twinkling sorcerer's costume, leads the pageant, followed by a who's who of glowing Disney storybook characters.

Fireworks—a Disney blast. Nobody does fireworks better than Disney. And even Disney can't top Epcot's Illumi-Nations, a fireworks and laser extravaganza set to music. Laser beams direct your attention to each country as lights dance around the pavilion. You'll hear Mexico prepare for a



All three parks light up the skies nightly with fabulous fireworks like Mickey's new Sorcery in the Sky at Disney-MGM Studios.

bullfight while Paris kicks up its heels to the cancan.

Now you can also see fireworks during the day at Epcot's Surprise in the Skies. Hang gliders soar above World Showcase Lagoon, then Goofy and other characters fly over in para-planes with rainbow-colored canopies.

Accommodations. Disney World offers a baker's dozen resorts, each with its own theme. You'll pay the lowest prices during the value season, basically January, May, and mid-August until just before Christmas, excluding Thanksgiving. All provide free shuttles to World attractions.

For reservations: ***407/934-7639.***

Tickets. Although expensive at $145 for ages 10 and up and $116, 3–9, the five-day PLUS Super Pass is your best value. Not only do you get into the main theme parks for five days, but you're entitled to a week at Typhoon Lagoon (normally $18.50/$14.75), River Country ($12/$9.50), Discovery Island ($8/$4.50), and Pleasure Island ($11.93). The four-day pass, at $111 and $88, gets you into the three theme parks. One-day tickets for one park cost $33 and $26.

Information. ***Walt Disney World, Guest Information, Dept. BHG, P.O. Box 10,040, Lake Buena Vista, FL 32830-0040; 407/824-4321.***

When to go

- *Avoid Christmas and Thanksgiving holidays, Washington's birthday, and spring break. If you must go during the summer, try early in June. For the emptiest parks, visit in early December, from about January 7 through February 7, or in the fall. Note: Off-season, parks close early; you may miss fireworks and other evening entertainment.*
- ***Visit Friday through Sunday.*** *If you can't go on the weekend, see the Magic Kingdom and Epcot late in the week, and MGM Studios at the beginning.*
- ***Go early, or go late.*** *During peak periods, the parks open before the scheduled time. Call ahead for actual hours. Many people leave during the day, which means that afternoon and evening lines will be short.*
- ***Head for popular attractions at the back of the park*** *in the morning. Afternoons, you'll find shorter waits at the big draws near the entrance.*
- ***Take a break.*** *Lunch at your hotel, then take a nap or swim. You'll avoid the midday heat and the largest crowds.*
- ***Eat at off hours in the park,*** *and visit popular attractions during normal dining periods.*

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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items have been omitted from the listing.

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Cover and pages 28–30: Bed, "10130-54"—Amisco Ind., Ltd., C.P. 250, L'Islet, Quebec, Canada G0R 2C0, 418/247-5025. **Sheets sets,** "Marine"—Sheridan, P.O. Box 164, Greenville, SC 29602-0164. **Solid pajamas**—Wm. Carter Co., First Shelton Pl., 1000 Bridgeport Ave., Shelton, CT 06484. **Color-block pajamas**—Lands' End, 1 Lands' End Lane, Dodgeville, WI 53595; 800/356-4444.

EASY-LIVING HIS AND HER BATHS

Pages 60–61: Shower faucet—Grohe America, Inc., 900 N. Lively Blvd., Wood Dale, IL 60191. **Sink,** "Elisse Petite"—American Standard Inc., One Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068. **Recessed lights,** with clear "Alzak Trim"—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Surface mounted lights under cabinet,** "Lytre Trim"—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Skylight window**—Milgard Mfg., Inc., P.O. Box 11368, Tacoma, WA 98411-0368; 800/562-8444. **Light switches**—Leviton Decora, 236 Greenpoint Ave., Brooklyn, NY 11222. **Exhaust fans**—NuTone, Inc., Madison and Red Bank Rds., Cincinnati, OH 45277. **Shower door**—Agalite, 17830 W. Valley Hwy., Tukwila, WA 98188. **Ceramic tile in shower**—International Tile, 1288 S. La Brea, Los Angeles, CA 90019. **Carpet,** "Design Choice"—Stratton Ind., P.O. Box 107, Cartersville, GA 30120. **Paint**—Parker Paint Mfg., Co., 3326 S. Junett, Tacoma, WA 98409.

Pages 62–63: Sinks—Kohler Co., Kohler, WI 53044; 800/772-1814. **Faucets**—Reid Watson & Assoc., 490-510 North Lake, Pasadena, CA 91101. **Towels**—J.P. Stevens Co., Inc., 1185 Avenue of the Americas, New York, NY 10036. **Window shades**—Duette Honeycomb Shades by Hunter Douglas, 1 Duette Way, Broomfield, CO 80020; 800/32STYLE.

Page 64: Countertops, cabinet doors, "White Color-Core"—Formica Corp., 10155 Reading Rd., Cincinnati, OH 45241. **Windows**—Pella/Rolscreen, 102 Main St., Pella, IA 50219. **Vertical blinds at window**—Levolor Lorentzen, Inc., 1 Upper Pond Rd., Parsippany, NJ 07054. **Jacuzzi bathtub,** "Rappore"; **sinks, faucet for sink, tub,** "Cirrus"—Kohler Co., Kohler, WI 53044; 800/772-1814.

OUR PICKS FOR 1992

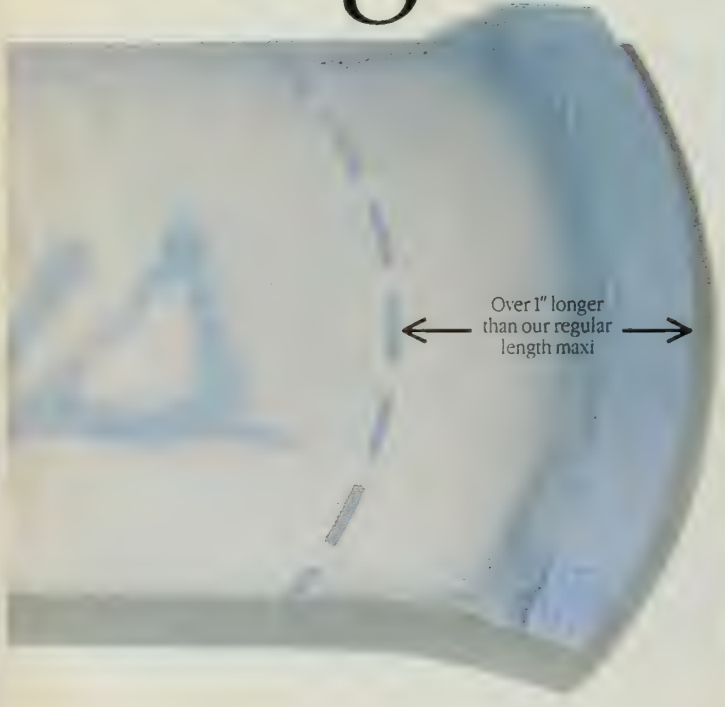
Page 70: Brigadoon rose and Pride 'n' Joy rose—Jackson & Perkins Co., P.O. Box 1028, Medford, OR 97501.

PRIZE TESTED RECIPES®

Page 79 (*left*): Blue plate—Roberta Fortune's Almanac, 150 Chestnut St., San Francisco, CA 94111-1004. **(*Right*): Plate by Laure Japy**—Barneys, Seventh Ave. & 17th St., New York, NY 10011. **Glass**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020.

Page 80 (*left*): Quiche dish—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17405. **(*Right*): Multi-colored cloth**—

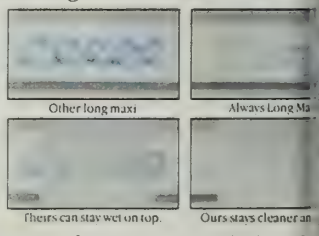
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Page 85: Soup Spoon, "Tristan II"—Gorham, Inc., P.O. Box 906, Mt. Kisco, NY 10549. **Casserole,** "Classic White"—George Briard Inc., 205 Chubb Ave., Lyndhurst, NJ 07071.

Pages 86–87: Wineglass—Roberta Fortune's Almanac, 150 Chestnut St., San Francisco, CA 94111-1004. **Plate,** "Harvest"—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Spoon,** "French Braid"—Reed & Barton Silversmiths; for the dealer nearest you and a free brochure call; 800/343-1383.

Pages 88–89: Green and white plate, "Brighton"—Conran's Habitat, 10 Astor Place, New York, NY 10003. **Glass with milk,** "Park Avenue"—Anchor Hocking Glass Corporation, Box 600, Lancaster, OH 43130.

Pages 90–91: Plate—Dean & Deluca, 560 Broadway, New York, NY 10012.

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Cover and pages 28–30: Quilt—Jil Serson, Kathy Moore.

A PLACE IN THE SUN

Pages 47–55: Architects—Robert Forsythe, AIA, 900 Sixth Ave., S, Naples, FL 33940; David Humphrey, AIA, 3255 Tamiami Tr. N, Naples, FL 33940. **General contractor**—G.F. Wilson Construction Co., Inc., P.O. Box 1906, Marco Island, FL 33969. **Project manager**—David Goodman, P.O. Box 461, Durango, CO 81302. **Interior design**—Artistic Environments, 2518 1/2 Main St., Santa Monica, CA 90405. **Kitchen design**—Erwin Kollegger, Kitchens & Baths by Swisscraft, Inc., 926 Windward Dr., Marco Island, FL 33937. **Security system**—AT&T Bell Security, 11554 E. Tamiami Tr., Naples, FL 33962. **Landscape design**—Bill Hoffman, Square's Nursery & Landscaping, Inc., 200 Sabal Palm Rd., Naples, FL 33962.

EASY-LIVING HIS AND HER BATH

Pages 59–61: Architect—Gregory Oaksen, Gregory Oaksen Architects, 89 Wesler Way, Seattle, WA 98104. **General contractor**—Mark Sullivan, Sullivan Construction, 3701 East Olive St., Seattle, WA 98122.

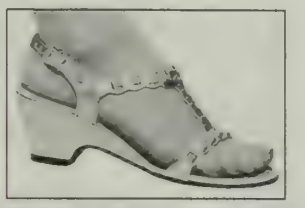
Pages 62–63: Architect—Mark Christopher, AIA, 7752 Fay Ave., Ste. H, La Jolla, CA 92037. **Interior designer**—Sally Karrasch, ASID, 4491 Marseilles Dr., San Diego, CA 92107. **Contractor**—John Luczak, Vital Construction Co., 4145 Voltaire St., San Diego, CA 92107.

Page 64: Architect—Larry Stern, Stern, Ring, Assoc., 22 Old Short Hills Rd., Livingston, NJ 07039.

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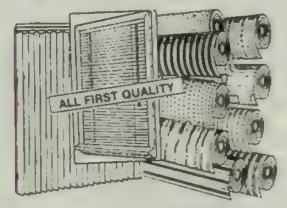
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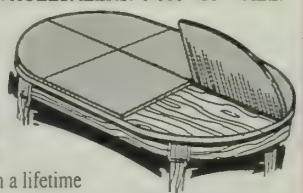
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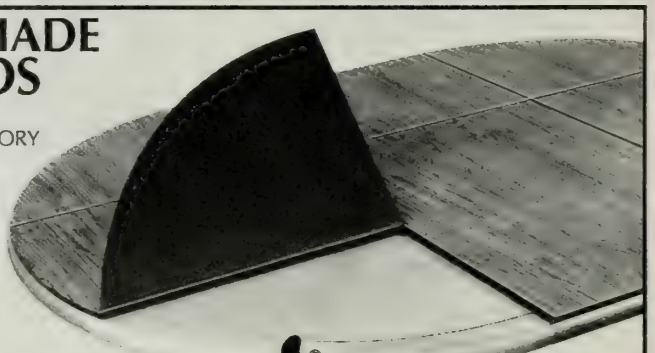
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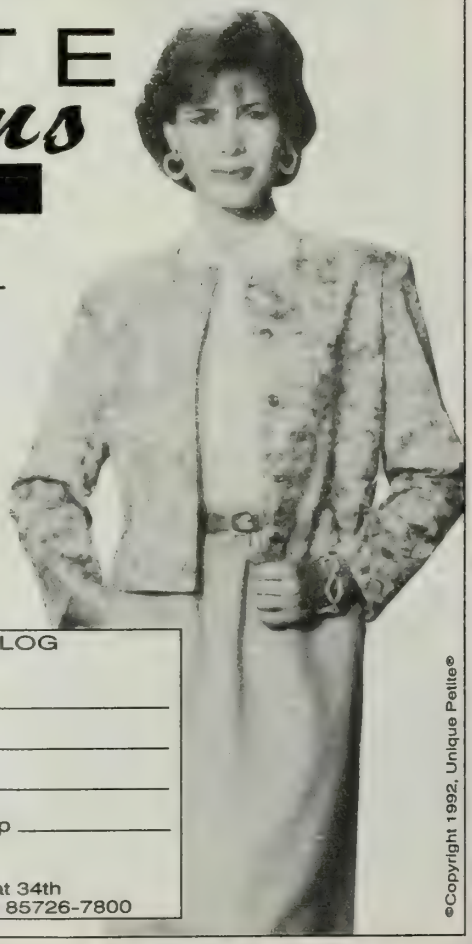
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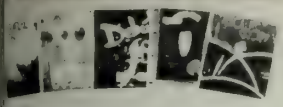


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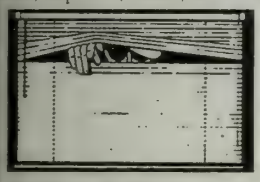
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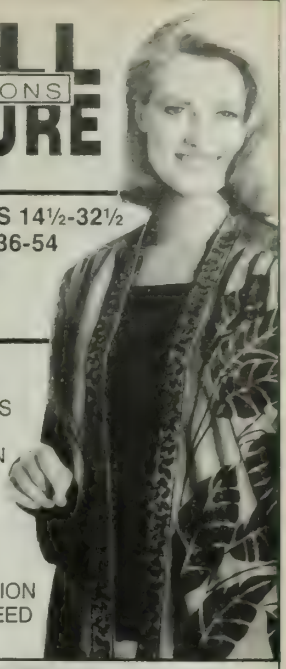


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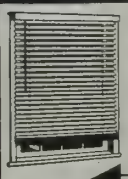
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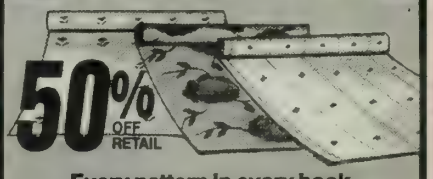
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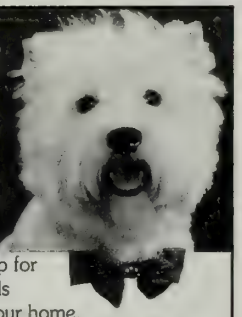
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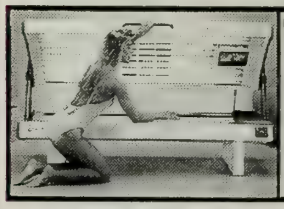
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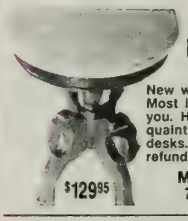
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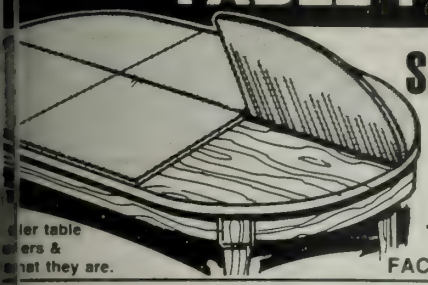
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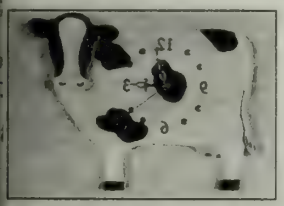
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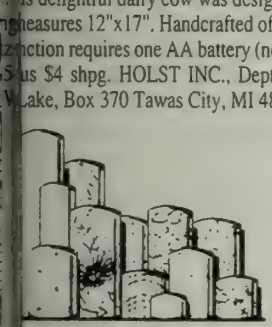
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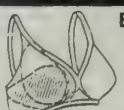
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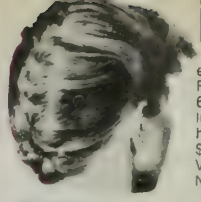
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THE MAN NEXT DOOR

JANUARY 1992

■ I'll never understand how a new shirt can come with the price tag more securely attached than the buttons.

■ "The difference between a friend and a good friend," says Grandma Hillis, "is that the latter knows all your secrets and likes you anyhow."

■ Bill Norman admits that calendars don't show it, but argues that some weeks have five Mondays.

■ Some folks say they're starting with a clean slate, but never get around to erasing what's already there.

■ Our Judy agrees that adding more days to the school year would improve kids' thinking skills. "They'd have to spend more time thinking up excuses for not getting their homework done."

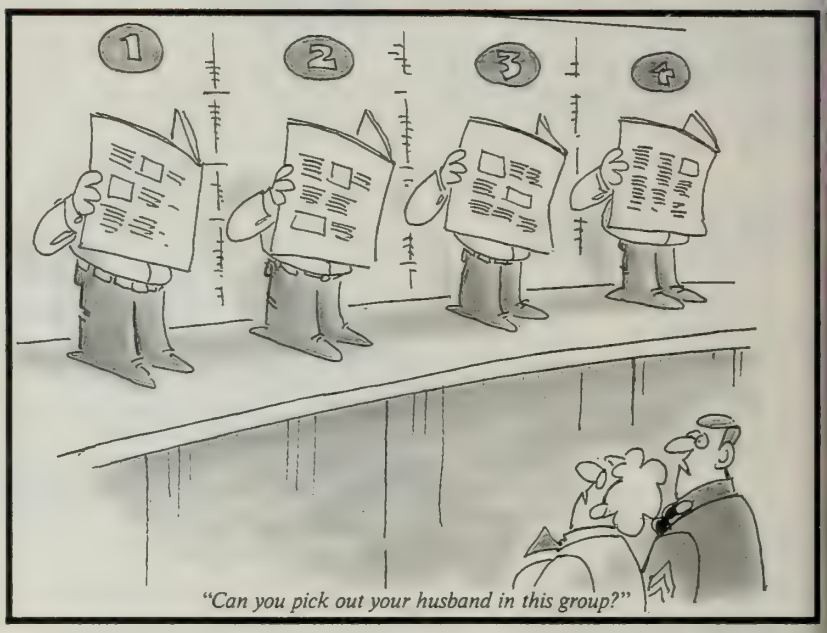
■ "We'd never have to import a drop of foreign oil," avers Representative Nick Hanfli, "if we could harness half the energy spent avoiding taxes."

■ "I don't mind the new interest in houseplants," says Chris. "What worries me is the notion that macramé can't be far behind."

■ Environment-conscious Burt, Jr., has added a fourth R to the motto Reduce, Reuse, Recycle—Remind your parents, constantly, how eco-insensitive they are.



"No, Johnny, a pop quiz is not like taking the Pepsi challenge."



"Can you pick out your husband in this group?"

■ Small-town resident Aunt Opal defines power politics in her burg: "That's when the mayor calls and asks you to turn off your dishwasher so she can get enough power to run her blow-dryer for a few minutes."

■ Liz Randall asserts that the most interesting newspaper article is the one that you read over someone else's shoulder.

■ Grandpa Hillis says that the finest exercise machine ever invented has just two parts: an ax and a pile of unsplit firewood.

■ "To ensure a speedy trip through the grocery checkout," suggests Chris, "just start reading a juicy article in one of those tabloids that you'd never dream of actually buying."

■ Banker Helen Newsome, when asked whether interest rates will rise or fall, simply replies, "Yes." "The same prediction works for the stock market, too," she adds.

■ I haven't put much stock in best-seller lists since realizing that many of those books would likely make the least-read list as well.

Rosemary is home from college on break, and her visit started out tensely. She was in and out of the house at all hours, and rarely let us know how to reach her.

"You can't expect me to act like a kid anymore," Rosemary explained. "It's not like I'm messing up the house or partying all night."

"That's not the point," I responded. "We still worry about you."

"Where I go is my own business," Rosemary said defiantly.

After ten days of this, Chris and I decided to fight fire with fire. Without telling Rosemary, we scooped up Burt and Judy on Friday evening and headed to a nearby hotel for a weekend of relaxing and splashing around in an indoor pool. When we finally called home Saturday afternoon, Rosemary was frantic.

"Where ARE you guys? " she yelled. "I was worried sick."

Rosemary soon figured out the lesson in all this. And I must say, drastic though our actions, the results have been easy to live with.

Burton Hillis

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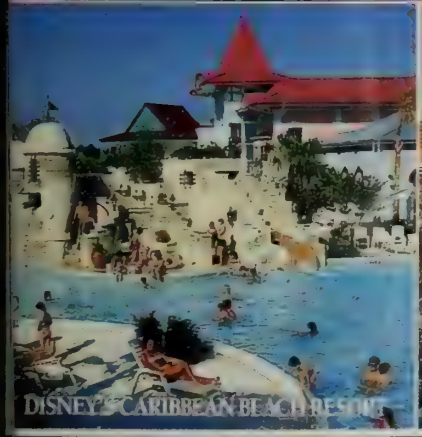
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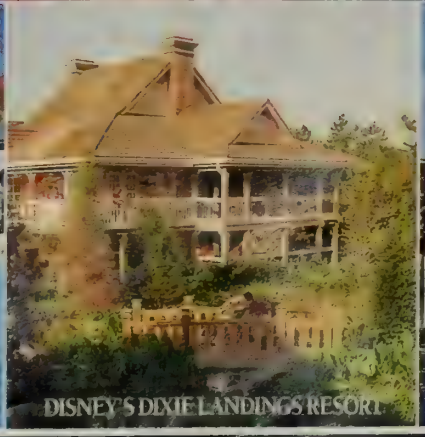
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THE YOGURT REMEDY AND TIGHT JEANS MYTH

There are popular myths about yeast infections that have been passed down from generation to generation.

For example, some people believe eating yogurt or drinking cranberry juice or wearing loose jeans will guard against a yeast infection.

But the best advice if you get a feminine yeast infection is to look for a cure, not something that simply relieves symptoms.

WHEN TO SEE YOUR DOCTOR

The best approach to follow should symptoms present themselves is to call your doctor if you're a first-time sufferer. After a physical exam, your physician will probably recommend an antifungal cure.

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EDITOR'S LETTER

FEBRUARY 1992



GEORGE CEOLLA

A GOOD FAMILY LIFE STARTS WITH A DECENT PLACE TO LIVE

Dear Readers,

It's time to enter this year's Home Improvement Contest! Show us what you've done to improve your home, and make yourself eligible for some of the more than $75,000 in prizes. Turn to *page 160* for the entry details.

This is our sixth Home Improvement Contest, and also marks, coincidentally, the 50th anniversary of the founding of the National Association of Home Builders (NAHB).

The NAHB is a federation of about 800 state and local associations nationwide, with more than 153,000 members. About a third of the members are builders, while the rest are in the business of building finance or building products and services.

NAHB looms large in our lives here at *Better Homes and Gardens*®. Each year we publish the winners in the Affordable Housing category of The Best in American Living competition that NAHB conducts among its members. You'll see all those award-winning houses in our May issue.

Every January, a contingent from our editorial staff attends the annual NAHB convention, the biggest home-building trade show in the country. We walk the aisles to glean the best of the new building products to later present to you in the pages of *Better Homes and Gardens* and our Special Interest Publications.

But the main connection we at *Better Homes and Gardens* have with NAHB and the home-building industry is philosophical. We're all committed to enhancing the quality of family life in America.

I could cite many ways in which the building business enhances family life, but, in my mind, a real proof of their commitment is a nationwide NAHB program, "Homes Across America." Local NAHB associations under the leadership of the national office are signing up for this program to build, rehabilitate, or remodel houses, apartments, or emergency shelters in their communities for those in need.

In many communities, the program will be carried out in conjunction with groups like Habitat for Humanity and Ronald McDonald Children's Charities. So far, 92 local associations have signed up to participate, with more coming on board every day.

In another effort of some years' standing, the Homebuilder's Institute, the educational arm of NAHB, works with the Job Corps to train disadvantaged kids in the building trades.

Programs like these, carried out across the country, make me proud of our association with NAHB. These folks know what we all know: The strength of our country has its foundation in our families—all our families—and a good family life starts with a decent place to live.

David Jordan

David Jordan, Editor in Chief



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FAMILY NETWORK®

READERS' LETTERS

HELPING TO HEAL

Recently my husband underwent cardiac bypass surgery. During his hospital stay, my duties were overwhelming. I knew friends and family would be concerned about his progress, so I used my answering machine to record updates on my husband's condition. It worked well for all involved, and I returned their calls at my convenience.

Cathy J. Geisler
Lawrence, Mass.

When I returned home from five days of cancer treatment, I was really feeling down. A friend visited and brought me a "Christmas-in-May Box." There were 31 individually wrapped gifts, and I was to open one each day. Each gift also had a special message attached. I found my spirits lifted by such thoughtfulness.

Paula Nelson
Bowring, Okla.

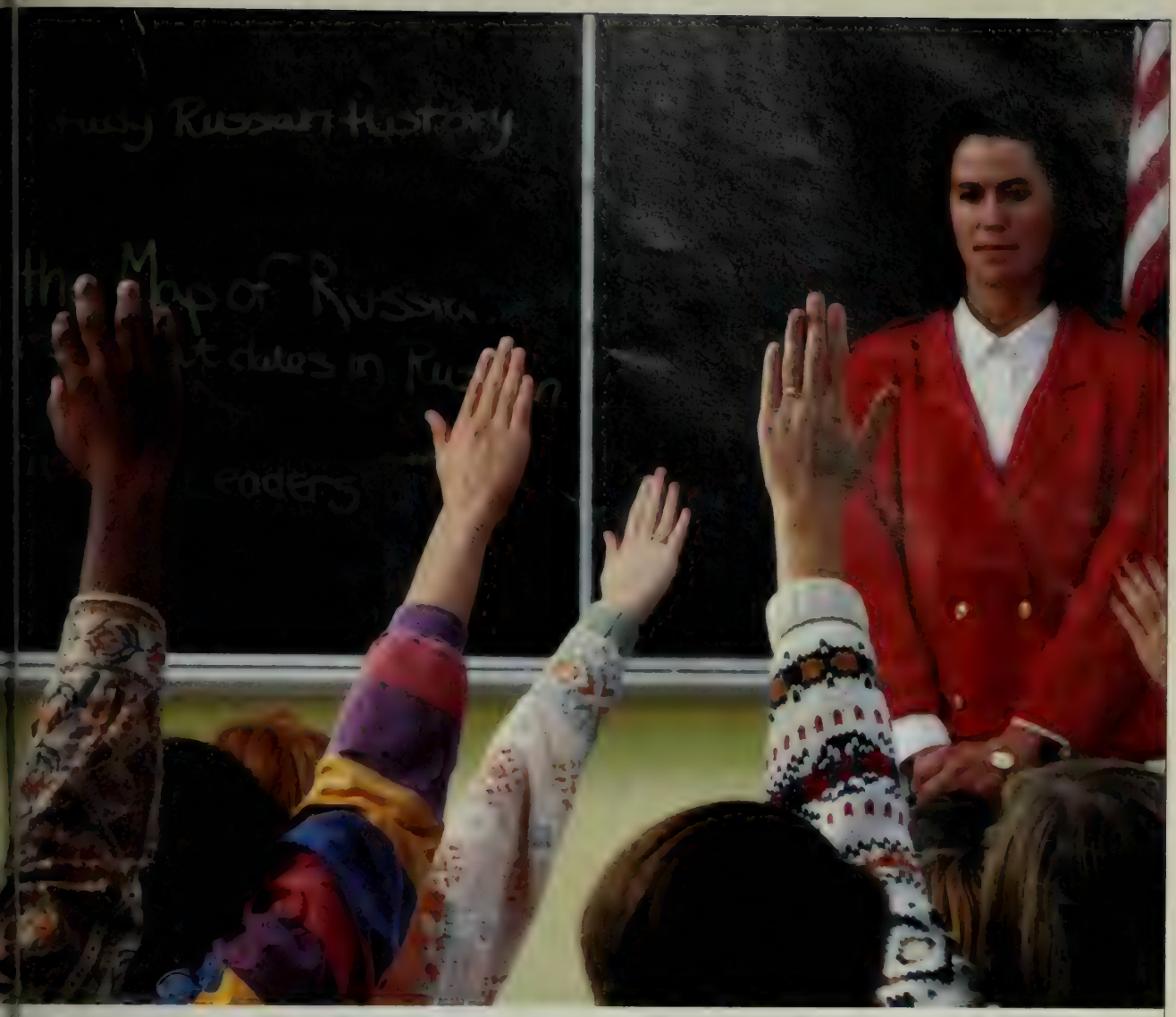
When my sister died, one of our friends brought a roll of postage stamps instead of flowers. She knew we would have lots of thank-you notes to mail later. I thought this was very sensitive and thoughtful, so now I try to do the same for others.

Pamela Haskin
Central, Alaska

As a young man of 32 who was disabled by a massive stroke, I often found myself suffering feelings of minimal self-worth. I've since found a way to help myself and my community. I began by lobbying my city government to install and enforce handicapped parking stalls, signs, and laws. I then applied for a position on the city's Accessibility Advisory Board. The issues I've addressed help my community, and I help my self-image by helping myself.

Howard Allen
Salina, Kans.

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FAMILY NETWORK

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EGG-TIMER OUT

When our daughter was 2 she was very sensitive to reprimands. One day, after attempting to calm her, I handed her an egg timer and told her to stand in the corner until the sand was on the bottom. She quieted down immediately. After three minutes she handed back the timer and we talked.

Sharon Stuessy
Madison, Wis.

MAKING FRIENDS

I am 74 years old and I live in a mobile homes court. I make friends by helping people with their pets when they are working, or with their yard work. Also, when they go on vacation I get their mail. It makes me feel great and keeps me active.

Mrs. Dorothy E. Boyer
Kansas City, Mo.

KIDS AND SEATBELTS

My 5-year-old son and I battle daily about wearing a seatbelt in the car. I can't get him to stay seated and keep it on. I've even had a policeman talk to him. We drive 70 miles round trip to preschool so we're in the car a couple of hours each day. Any suggestions?

Teri Judge
Deltona, Fla.

PLAYING ROUGH

My 7-year-old son insists on playing outside with other kids. Yet every time he does he comes back crying, saying the other kids are hurting him and calling him names. What to do?

Julie Fisher
Murray, Utah

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

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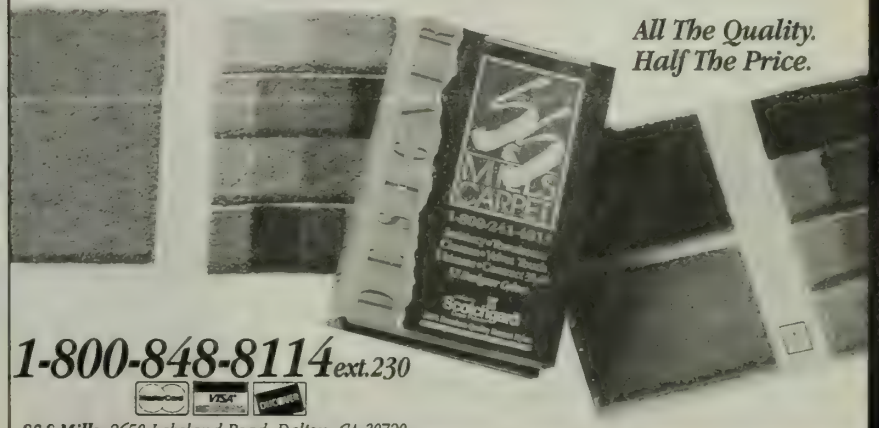
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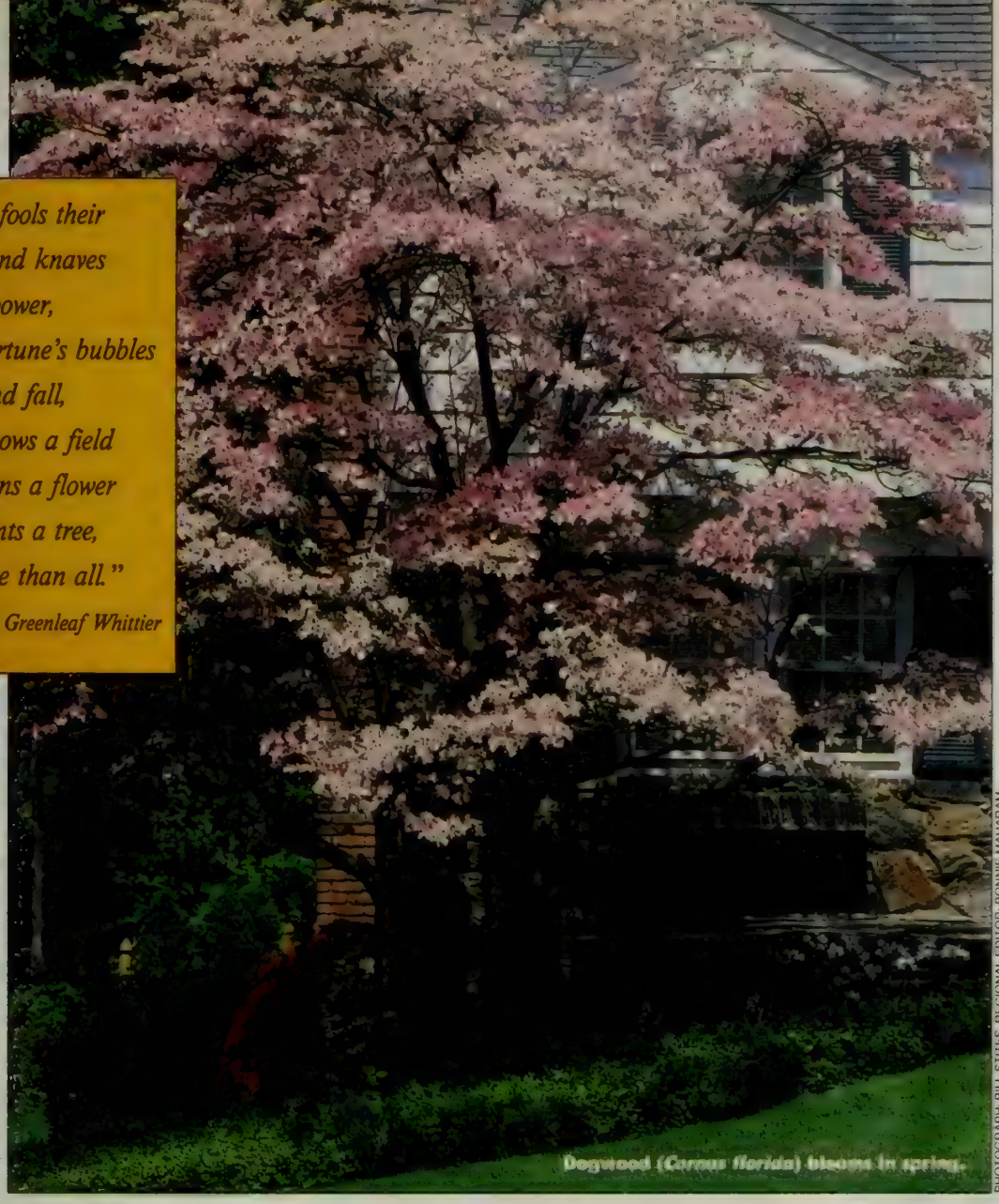
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"Give fools their gold and knaves their power,
Let fortune's bubbles rise and fall,
Who sows a field or trains a flower
or plants a tree,
is more than all."
—John Greenleaf Whittier



Dogwood (*Cornus florida*) blooms in spring.

PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

Celebrate Arbor Day with your family this year by adding a special tree to your home's landscape. This popular holiday inspires all of us to do our part at home to improve the environment. Your state's conservation commission can tell you when Arbor Day is in your area. To find the right tree for your yard and how to plant it, read on.

BY
DOUGLAS A. JIMERSON
AND
JANE AUSTIN McKEON

Arbor Day ALMANAC

Arbor Day ALMANAC

Trees For Spring Color



SAUCER MAGNOLIA
(*Magnolia soulangiana*)
Spectacular white to purple flowers are the hallmark of the saucer magnolia. In early May, the 5-inch, cup-shaped blossoms open before the leaves appear. Growing 25 feet tall, this ornamental tree is a good choice for small yards. Magnolias start blooming at a young age.

Photograph: Mike Jensen
Regional editor: Trish Maharam



GOLDEN-CHAIN TREE
(*Laburnum alpinum*)
A dazzling late-May floral display is your colorful compensation for planting a golden-chain tree. Lasting as long as two weeks, the pendulous, 16-inch-long flower clusters hang like jewels from every branch. A golden-chain tree begins blooming the first season after you plant it. Within several years, the tree will reach a mature height of 30 feet.

Photograph: Stephen Cridland
Regional editor: Cathy Howard



WITCH HAZEL
(*Hamamelis sp.*)
Blooming in February, the witch hazel's yellow flowers provide some of the earliest color for winter-dreary yards. This hardy plant is actually a tall shrub, but its lower branches can be pruned so that it looks like a small tree. The hybrid Arnold's Promise (*above*) grows 18 feet tall. In autumn, bright red and yellow foliage steals the show.

Photograph: Jon Jensen
Regional editor: Bonnie Maharam

Other Colorful Spring Trees

Bradford pear (*Pyrus calleryana*)
Dogwood (*Cornus florida*)
Flowering crab apple (*Malus sp.*)
Hawthorn (*Crataegus sp.*)
Redbud (*Cercis canadensis*)
Serviceberry (*Amelanchier laevis*)
Star magnolia (*Magnolia stellata*)

PHOTOGRAPH: MIKE JENSEN, REGIONAL EDITOR: TRISH MAHARAM

Trees For Summer Color



JAPANESE DOGWOOD
(*Cornus kousa*)
Horizontal branching on the Japanese dogwood adds an architectural quality to any setting. In June, layers upon layers of white blossoms appear. Like most dogwoods, this species stays small, maturing at a height of 21 feet. Japanese dogwood stages another color show in autumn with scarlet foliage.

Photograph: Jon Jensen
Regional editor: Bonnie Maharam



HORSE CHESTNUT
(*Aesculus carnea*)
Horse chestnuts are popular for their large, palm-shaped leaves, fragrant flowers, and shiny brown nuts. In late spring to early summer, branches on the red horse-chestnut (*above*) are tipped with rosy, 10-inch-tall flower spikes. These majestic trees reach 75 feet tall, a size that requires a lot of yard space to show off.

Photograph: Stephen Cridland
Regional editor: Cathy Howard



CRIMSON KING MAPLE
(*Acer platanoides*)
You don't have to wait till fall to enjoy the bright foliage of maples. Crimson King maple displays red leaves all summer, offering a colorful contrast to the greens of other trees. In autumn, the leaves turn bright yellow. Crimson King grows up to 90 feet tall. Its dense canopy of leaves makes it one of the best shade trees.

Photograph: Stephen Cridland
Regional editor: Cathy Howard

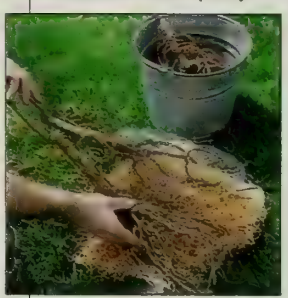
Other Colorful Summer Trees

American yellowwood (*Cladrastis platycarpa*)
European mountain ash (*Sorbus aucuparia*)
Goldenrain tree (*Koelreuteria paniculata*)
Japanese tree lilac (*Syringa reticulata*)
Hardy silk tree (*Albizia julibrissin*)
River birch (*Betula nigra*)
Sourwood (*Oxydendrum arboreum*)

FLOWERING CHERRY
(Page 56)
Squeezing into tight landscaping situations, flowering cherries are good candidates for small yards. Plant one as a showy specimen or a few to create a dazzling view. This streetside planting



CONTAINERIZED TREES are available at local nurseries throughout the growing season. Larger specimens (with big root balls) are usually balled-and-burlapped. Planted with the soil they've been growing in, these trees suffer less shock from being transplanted and become established more quickly.



BARE-ROOT TREES are inexpensive and lightweight for easy handling. They are commonly sold through mail-order nurseries, and planting time is limited to when the trees are dormant. Shipped in damp packing material, these trees must be planted immediately after you receive them, before the roots dry out.



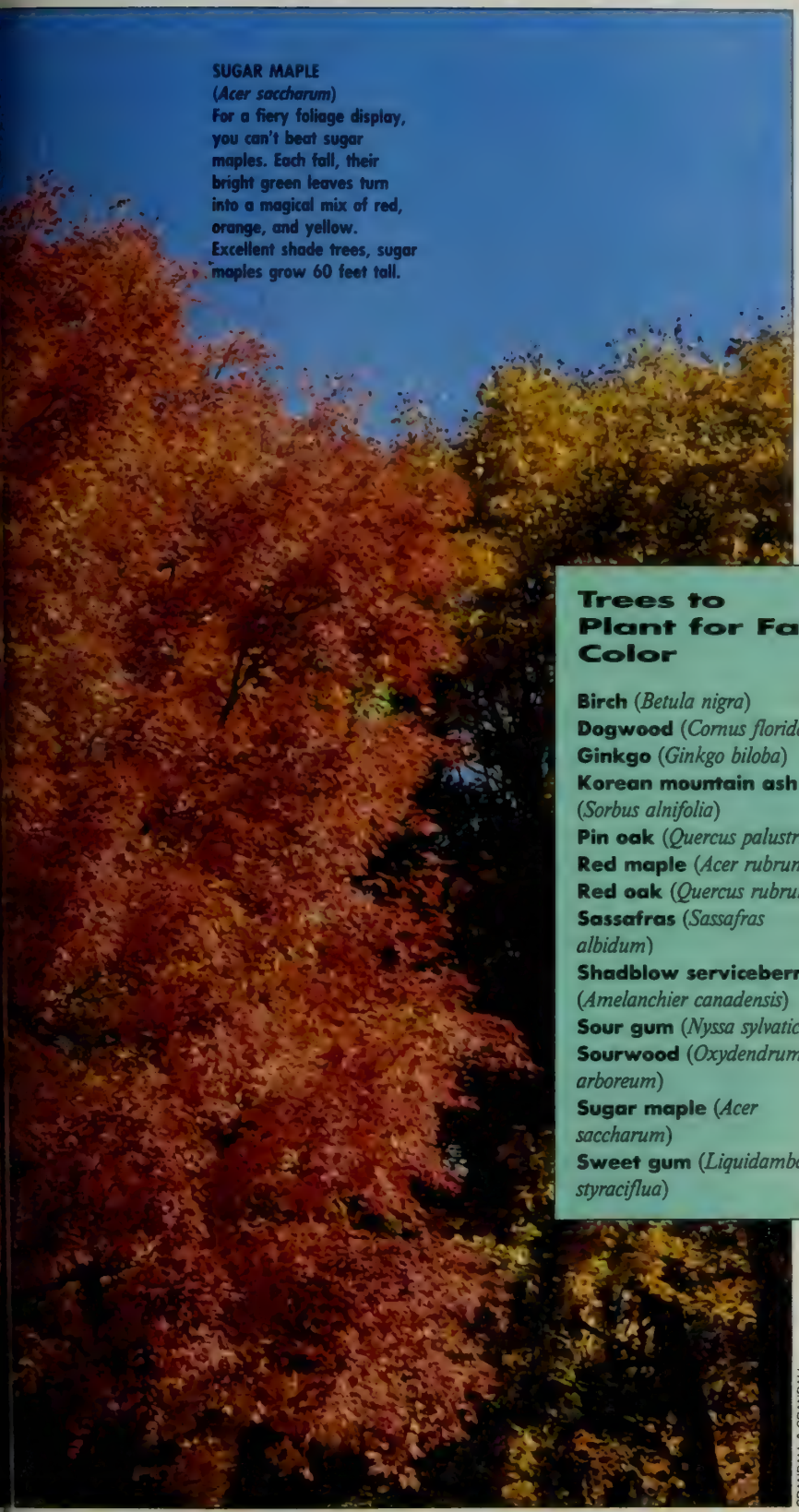
NURSERY TREE SEEDLINGS are the least costly type of tree stock, allowing you to buy them in volume. Because they're small, they require a few extra years to mature. Many state conservation commissions sell nursery seedlings.

Tree-Shopping Tips

- Avoid buying a tree that has been damaged during shipment or mistreated at the nursery. The telltale signs: wilted foliage, broken branches, and scarred bark.
- Look for a tree with healthy green leaves and even growth. Branches on dormant, bare-root stock should be pliable.
- Examine the roots, if possible. A healthy root system will fill the soil in a container and grow out of the drainage holes. Balled-and-burlapped trees should be tightly packed and solid. Reject bare-root trees that have dry or broken roots.
- Select only trees that are hardy in your climate. Ask an expert at your nursery for recommendations.
- Buy trees only from reputable nurseries. Cheap trees aren't always a bargain in the long run.



"The scarlet of the maples can sho



SUGAR MAPLE
(*Acer saccharum*)
For a fiery foliage display, you can't beat sugar maples. Each fall, their bright green leaves turn into a magical mix of red, orange, and yellow. Excellent shade trees, sugar maples grow 60 feet tall.

CRANDALL & CRANDALL

Trees to Plant for Fall Color

Birch (*Betula nigra*)
Dogwood (*Cornus florida*)
Ginkgo (*Ginkgo biloba*)
Korean mountain ash (*Sorbus alnifolia*)
Pin oak (*Quercus palustris*)
Red maple (*Acer rubrum*)
Red oak (*Quercus rubrum*)
Sassafras (*Sassafras albidum*)
Shadblow serviceberry (*Amelanchier canadensis*)
Sour gum (*Nyssa sylvatica*)
Sourwood (*Oxydendrum arboreum*)
Sugar maple (*Acer saccharum*)
Sweet gum (*Liquidambar styraciflua*)

How to Plant a Tree



PETER KRUMHARDT

Measure the diameter of the tree's root ball with the handle of your shovel. Remove a ring of sod that's at least twice the circumference of the root ball. Set the tree aside.



Dig a hole deep enough so that, when you position the tree, the top of the root ball is even with the ground level. (Place the soil on a tarp to minimize the mess.) Peel back the burlap from the root ball. Refill the hole with soil.



Avoid packing down the soil with your feet. To eliminate air pockets, soak the soil thoroughly with a small trickle from your garden hose. Mulch around the tree with shredded bark.

e like a cry of bugles going by." —*William Bliss Carman*

America's Historic Forest

Historical trees—the offspring of trees linked with George Washington, Susan B. Anthony, Martin Luther King, Jr., and many other historical persons, places, or events—are the newest branch of the American Forestry Association's Global ReLeaf Program.

Seedlings of historical trees are being planted in America's Historic Forest, the centerpiece of the AFA's national campaign to teach the value of trees. Located in Des Moines, Iowa, the forest will contain thousands of historical trees, an environmental education center, and nature trails. Among the trees planted during the inaugural Earth Day ceremony last spring were the Mount Vernon red maple, Alex Haley silver maple, Henry Ford honey-locust, and the Gettysburg sycamore.

Trees are also available to organizations for planting in Historic Groves across the country. These groves will be in local school grounds, parks, and other public areas.

You can sponsor the planting of a historical tree in your name, or in memory of a loved one, for $30. You'll receive a Certificate of Authenticity, as well as a charter membership in America's Historic Forests and an annual newsletter subscription.



PETER KRUMHARDT

Iowa Governor Terry Branstad planted a tree during the inaugural ceremony of the National Historic Forest in Des Moines on April 22, 1991.

For more information about America's Historic Forests, or about how you can become involved in planting a grove in your community, write: America's Historic Forests, 8555 Piummer Rd., Jacksonville, FL 32219. Or call: 800-677-0727.

New Tree Introduction



White blooms cover Sugar Tyme crab in the spring.



LAKE COUNTY NURSERY, INC.

Bright red fruits cling to Sugar Tyme in fall and winter.

Sugar Tyme crab apple

Ornamental crab apple trees are more popular and beautiful than ever, thanks to improved hybrids like Sugar Tyme (*Malus sutyzam*). Quickly growing to a mature height of 18 feet, this hardy new introduction is one of the most disease-resistant crabs available.

Sugar Tyme is colorful in every season. Each spring, pink buds open into a cloud of fragrant, sugary-white blossoms. Bright red fruit clings to the branches from September through January, providing a winter feast for birds.

You can find Sugar Tyme crab apple trees at many local nurseries this spring. Or turn to *page 181* for a special offer to *Better Homes and Gardens*® readers.

City Trees

Life in the city can be trying for trees. Poor soil, insufficient light and water, and gas fumes take their toll on all but the most adaptable species. The following trees are your best bets if you live in an urban area.

Colorado spruce (*Picea pungens*)
Crab apple (*Malus sp.*)
Ginkgo (*Ginkgo biloba*)
Goldenrain tree (*Koelreuteria paniculata*)
Green ash (*Fraxinus pennsylvanica lanceolata*)
Hackberry (*Celtis sp.*)
Honey-locust (*Gleditsia triacanthos*)
Horse chestnut (*Aesculus carnea*)
Norway maple (*Acer platanoides*)
Red oak (*Quercus rubra*)
Saucer magnolia (*Magnolia soulangiana*)
Washington hawthorn (*Crataegus phaenopyrum*)
White fir (*Abies concolor*)
White poplar (*Populus alba*)

Mail-Order Nurseries

- Carroll Gardens, 444 E. Main St., P.O. Box 310, Westminster, MD 21157.
- Farmer Seed & Nursery, Faribault, MN 55021.
- Kelly Nurseries, P.O. Box 10, Louisiana, MO 63353-0010.
- Mellinger's, 2310 W. South Range Rd., North Lima, OH 44452-9731.
- Miller Nurseries, Canandaigua, NY 14424.
- Musser Forests, P.O. Box F-90 M, Indiana, PA 15701-0340.
- National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68140.
- Wayside Gardens Co., Hodges, SC 29695-0001.

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HIRING A TREE-CARE PROFESSIONAL



PETER KRUMHARDT

Springtime blooms smother every branch on a redbud (*Cercis canadensis*).

Bugs, disease, and bad weather are your trees' worst enemies. You can often diagnose and treat minor problems yourself. But when the job is too big for you to handle alone, it's time to seek professional help.

What to expect

If your tree trouble is common, a specialist may be able to counsel you on the telephone about likely causes and treatments. But in many cases, the specialist will need to come to your home to diagnose the problem. Ordinarily, no fee is charged for this initial visit. However, some firms do charge a fee, which is usually deducted from the final cost if you hire them to do the work.

If your tree is diseased or infested with insects, the tree-care specialist may want to make laboratory tests. Taking bark or leaf samples for analysis will pinpoint the problem and indicate the most effective treatment.

A tree expert should explain his or her diagnosis and give you a written explanation of the proposed work to be done, and how much it will cost. Unless you have an emergency, such as a storm-toppled tree on your roof, get estimates from several firms. Prices and services can vary greatly, even among reputable tree-care specialists.

Don't Plant A Problem

Beware of trees with bad reputations. Many species that are touted for fast growth and quick shade have brittle branches that break easily in storms. Others drop messy fruits, twigs, and seeds. When you're shopping at a nursery, keep in mind our list of the Ten Most *Un*wanted Trees.

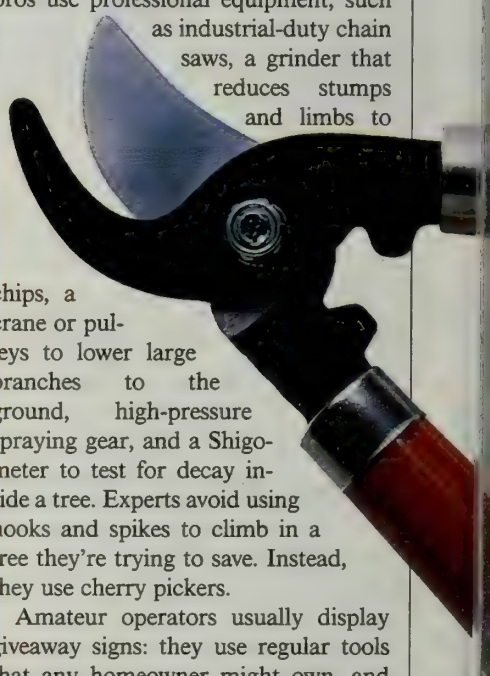
Box elder (*Acer negundo*)
Catalpa (*Catalpa sp.*)
Common mulberry (*Morus sp.*)
Eastern black walnut (*Juglans nigra*)
Eastern cottonwood (*Populus deltoides*)
Hybrid poplar (*Populus* hybrid)
Russian olive (*Elaeagnus angustifolia*)
Siberian elm (*Ulmus pumila*)
Silver maple (*Acer saccharinum*)
Tree of heaven (*Ailanthus altissima*)
Weeping willow (*Salix babylonica*)

Some tree-care companies set their fees according to the type of job, but most will charge an hourly rate per worker. Prevailing rates range from $20 to $50 an hour per worker.

How to find a reputable firm

Most reputable tree-care firms are members of a professional organization, such as the International Society of Arboriculture, the National Arborist Association, or the arborist association in your state. Many cities require that tree-care companies be licensed. Generally, these companies must carry workers' compensation and liability insurance. Your local Better Business Bureau can steer you away from companies that have complaints filed against them.

Another clue for spotting reputable firms is the quality of their tools. The pros use professional equipment, such as industrial-duty chain saws, a grinder that reduces stumps and limbs to chips, a crane or pulleys to lower large branches to the ground, high-pressure spraying gear, and a Shigometer to test for decay inside a tree. Experts avoid using hooks and spikes to climb in a tree they're trying to save. Instead, they use cherry pickers.



Amateur operators usually display giveaway signs: they use regular tools that any homeowner might own, and they often drive an unmarked truck.

How to guarantee a good job

Insist on a written guarantee. Even qualified experts can't make promises about curing a diseased tree or eradicating insect problems, but they may say that a certain spray job should have the desired effect within a specified length of time. They should be willing to guarantee the quality of work for tasks like tree bracing, pruning, and cavity filling.

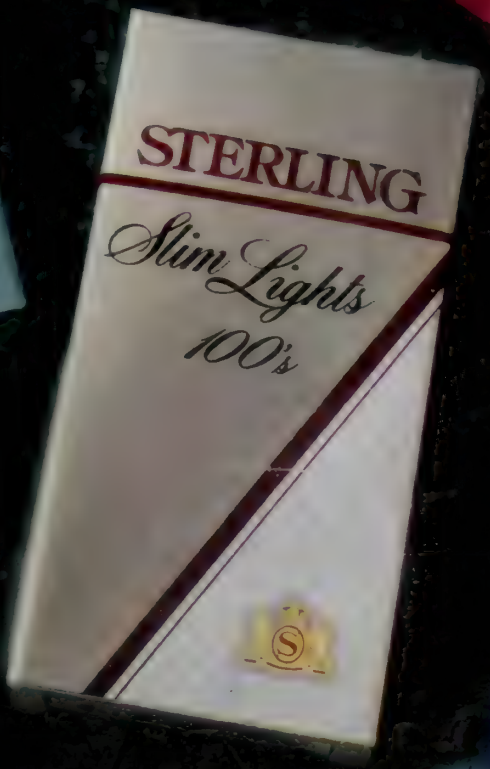
—Michael LeFan is a free-lance writer from Temple, Texas.

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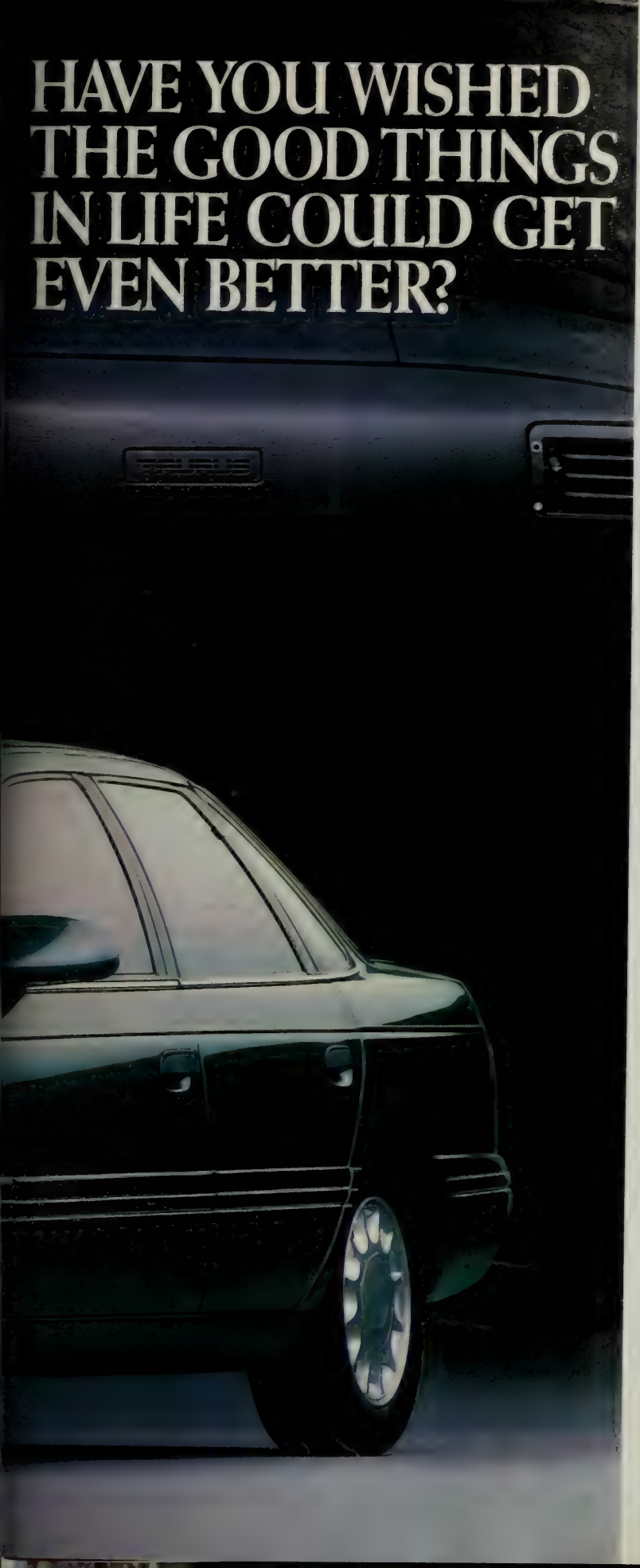


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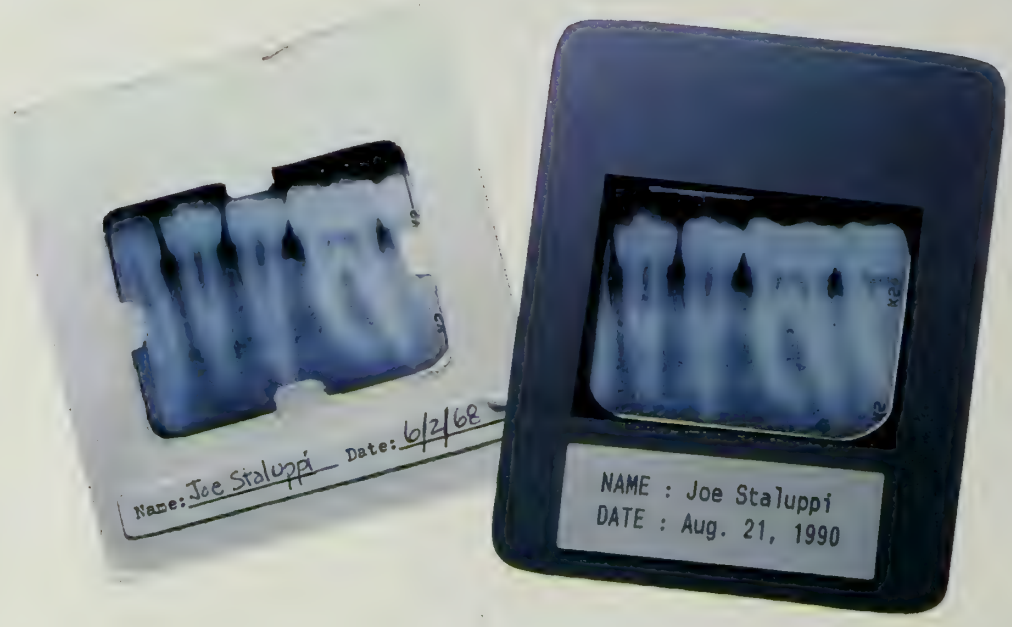
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DENTAL UPDATE

NEWS AND TIPS ABOUT ORAL CARE





STEVE BJORKMAN

BY JOHN B. THOMAS

TOOTH PAIN TROUBLE

What to do about everyday toothaches

Getting to the root of tooth pain can make your head spin. Here's some advice from the American Association of Endodontists—root canal specialists—about common causes of tooth pain, and what you can do to get relief.

One morning you wake up with a dull ache in your upper teeth and jaw. Is it an infected tooth? A newly formed cavity? Actually, it might just be a sinus headache that's easily cured with an over-the-counter pain reliever or sinus medicine. Or, the dull ache could indicate a condition known as bruxism—grinding your teeth. If that's the case, see your dentist soon.

A painful problem facing nearly half of all people is sensitive teeth. Even though hot and cold foods often cause temporary discomfort, they rarely signal serious trouble. Still, the sensitivity could be traced to a loose filling or receding gums.

Another possible cause of sensitivity is the formation of tiny cracks beneath the outer enamel of your tooth. These cracks are often caused by chewing on hard objects, such as ice cubes. If you've just had dental work, and your teeth are sensitive, wait four to six weeks before you see your dentist. Dental work sometimes inflames the pulp or nerves inside your teeth.

Your best weapon against tooth sensitivity is probably a toothpaste made especially for sensitive teeth.

Pain from hot or cold foods that lingers is a different story. Such sensitivity may signal damage to the pulp, the soft inner tissue of the tooth. To save the tooth, you'll likely need to see your family dentist or an endodontist for root canal treatment.

A guide from the AAE about overcoming tooth pain also covers other common symptoms. To order a free copy of the "Tooth Pain Guide," send a business-size SASE to: American Association of Endodontists, 211 East Chicago Avenue, Suite 1501, Dept. BHG, Chicago, IL 60611.

AIDS AND YOUR DENTIST

Is your family at risk for infection?

A lot of folks are confused about last year's headlines concerning AIDS and dental safety. The Centers for Disease Control (CDC) reported that a Florida dentist *may* have unknowingly infected several of his patients with the AIDS virus during their treatment.

Obviously, the consequences of infection are so frightening because AIDS is life-threatening. But a recent article in the *Journal of the American Medical Association* says that the infection of these dental patients was a very rare incident—perhaps caused when the dentist ignored standard infection-control measures.

Even though the odds are *extremely* remote that you'd ever become infected from a dental visit, your dentist and dental hygienist should *always* follow proper safety procedures to prevent the spread of *any* infectious diseases. According to the American Dental Association, dental workers should:

*Wear gloves, masks, and protective eyewear for all patient treatment.

*Wash hands before and after treatment and change gloves after treating each patient.

*Sterilize or disinfect dental instruments after each use.

*Clean and disinfect the surfaces and equipment in the treatment room after each patient.

*Properly dispose of waste materials.

Finally, don't be afraid to ask your dentist about AIDS or his or her infection control procedures.

NEW-LOOK BRACES

Wild colors and hidden wires make braces more fun

For children *and* adults in search of straight teeth, the "metal mouth" look of braces

continued on page 36

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Test your knowledge of the common cold.

- Dressing warmly reduces the chance of getting a cold. T F
- People who live with school age children are more likely to catch a cold. T F
- Colds are more easily spread in poorly ventilated rooms like bathrooms. T F
- Family members shouldn't worry about spreading cold germs when they share a drinking cup. T F

You can't end the spread of colds, but knowing the facts could keep your family from catching one.

So use clean, fresh DIXIE cups instead of a plastic bathcup. That way the common cold won't be quite so common in your home.

DIXIE®
BATHROOM CUPS

ANSWERS: F T T F

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continued from page 35

has always been hard to swallow. Now there's a host of new teeth-straightening products that make it easy to either hide the whole mess, or add some pizzazz.

Here's what's on the cutting edge for braces, according to David Kinser, D.D.S., in Des Moines, Iowa, who is chairman of the Council on Communications for the American Association of Orthodontists:

- Tiny, clear or tooth-colored ceramic brackets that take the place of traditional metal bands. Hardly noticeable once installed, these brackets attach directly to your teeth. Adults find them particularly appealing, notes Dr. Kinser. The only drawbacks: slightly higher cost and six months tagged on to the normal two to three years of treatment.
- Colored braces, retainers, and elastics, the small rubber bands that are used with braces. Kids get a kick out of the multicolored mouth wear, says Dr. Kinser, especially the tiny, interchangeable elastic O-rings that stretch between brackets. "One month they want their school colors, the next month they want pink or blue." Best of all, colored mouth gear won't cost you extra, and kids *like* to wear it.
- "Hidden" braces that attach to the inside surfaces of your teeth. Unfortunately, these concealed braces—called lingual braces—work only in certain situations. They're also difficult for most orthodontists to handle and they cost about twice as much as regular braces, says Dr. Kinser.
- Space-age wires made of nickel and titanium. The benefits? They're more resilient and forgiving than stainless steel, so your teeth shift gently. Orthodontists use the new wires in the initial stages of teeth-straightening, when teeth are the most crooked.

PERIODONTAL PROBING

Head off gum disease and save your teeth, too

Don't let the name scare you. A periodontal probing sounds ominous, but it's actually a simple procedure that could save your gums from gum disease, says Craig Savin, D.D.S., in Glencoe, Illinois.

You might even be saving your teeth. In fact, according to the American Dental Association, three out of four adults over age 35 will have some form of gum disease in their lifetime.

Your dentist will observe any signs of gum disease during a routine exam. X rays may also be taken to check for bone damage. Yet some damage from gum disease *may* go undetected.

A probing, however, gets at the problem early by spotting the beginnings of the disease process in time to head off major problems. Gum disease is so "silent" that the first sign for many patients is bleeding and pain. By then, Savin says, it may be too late. You could lose one or more teeth.

What, exactly, is a periodontal probing? Using a thin, marked instrument, your dentist or dental hygienist measures the depth of the gum pocket in six places around each tooth by gently probing down between the tooth and gums.

A periodontal probing lets your dentist measure the health of your gums. In most cases, a probe that stops at 1 to 3 millimeters indicates healthy gums, while one of 4 or more signals the start of the gum disease process. As the numbers go up, so does the severity of the problem.

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NUTS TO CAVITIES

Watch for cashew-flavored toothpaste

Add this to the list of possible cavity-preventers: cashew nuts.

Researchers from the University of California, Berkeley, report that elements found in the shell oil of cashew nuts apparently help fight off the bacteria that cause tooth decay. The oil from the shell interferes with the production of plaque, the sticky by-product of bacteria that help cause cavities.

No one knows exactly how many nuts you'd need to eat to prevent cavities, but there's probably no harm in crunching a few. Just remember, cashew nuts are full of fat, so go easy to maintain a healthful diet.


Joey was here.
Susie was here.
Dad was here.
Aunt Betty was here.
Grandpa Lester was here.
ARE FAMILY GATHERINGS MAKING YOU SICK?
Don't inherit the family germs. Drink from a fresh Dixie cup.
DIXIE®
BATHROOM CUPS

continued from page 36

Despite the mental image a gum probe invites, it's no more painful than a standard cleaning, assures Dr. Savin. Expect to spend about 10 minutes having the procedure done.

Dr. Savin recommends that all adults have a periodontal probing at least once a year. That way, your gum measurements can be checked year-to-year for any signs of change.

For the free brochure, "Gum Disease: Are You at Risk?," send a business-size SASE to: American Dental Association, DPIE-W172, 211 East Chicago Ave., Chicago, IL 60611.

DENTAL HEART CARD

New I.D. helps prevent infection in heart patients

You won't get your mug shot on it, but a new folding ID card, made to fit in your wallet or purse, could help save your life. That is, if you have a troubled ticker.

The American Heart Association warns that certain dental procedures may put patients with heart valve damage, congenital heart disease, or



an artificial heart valve at risk for a serious heart infection.

The reason? Any dental procedures that cause bleeding—even professional cleaning—also release bacteria into your bloodstream.

For most folks, that's not a problem. The body simply rids itself of the unwanted bacteria. Yet for patients with certain heart problems, the bacteria can cause bacterial endocarditis, a serious infection of the heart valves or tissue lining the heart.

Hundreds of thousands of people are potential candidates for developing endocarditis as a result of dental work, cautions Adnan Dajani, M.D., at Children's Hospital of Michigan, Detroit. But the risk is greatly reduced if your dentist is aware of your heart condition before beginning your treatment. He or she will then prescribe antibiotics for you to take before and after your office visit.

The antibiotic, explains Dr. Dajani, works by helping to keep the bacteria from lodging against the damaged part of your heart.

Today, the AHA advises dentists to prescribe an oral antibiotic called amoxicillin as the first line of protection against endocarditis. Considering the not-so-pleasant method that some patients used to receive—injection of penicillin intravenously—that's good news for a lot of folks.

To get an AHA "wallet card," which helps remind you and your dentist about your heart condition, ask your family doctor or dentist, or write to: American Heart Association, P.O. Box T.K., 7320 Greenville Avenue, Dallas, TX 75231.

HANDLE WITH CARE

Overcleaning can kill your teeth

Some people dutifully brush and floss each day with the utmost care. Others attack their teeth as if they're cleaning the kitchen floor.

Virginia Woodward, RDH, president of the American Dental Hygienists' Association, says that using unnecessary force can wear away tooth enamel and damage sensitive gum tissue.

She warns that when you brush too hard or force floss into your gums, the gums can recede and expose vulnerable tooth roots—which may lead to sensitive, inflamed, or infected gums. All of these conditions can make your teeth more prone to tooth decay or even tooth loss.

For the right way to brush and floss after meals, Woodward recommends that you first get a checkup, then stick to the following guidelines.

*Use a fluoride toothpaste to help remineralize and strengthen your teeth.



Fluoride is beneficial for both children *and* adults.

*Select a toothbrush that has soft, nylon, rounded bristles.

*Place the brush bristles at a 45-degree angle to the teeth, with bristles pointed toward the gum. Don't forget to brush the inside surfaces of your upper and lower teeth.

*Gently massage your gums with the brush and then roll the bristles toward the edge of the teeth, letting the bristles go in between your teeth.

*Brush two to three times a day for up to 5 minutes each time.

*Replace your toothbrush every three to four months or after you've been ill.

*Move floss gently between teeth until it's slightly below the gum line. Then, carefully work the floss up and down, following the shape of the tooth.

If you have arthritis, or just have trouble gripping your toothbrush, you can now buy brushes made with larger, more comfortable handles. Or, buy an adaptor that fits over your old brush's handle. You could even try inserting your toothbrush handle into a rubber ball or sponge hair curler.

You might find that an electric toothbrush, especially one with a larger handle, works even better. If you do use an electric toothbrush, remember that you still need to spend the same amount of time brushing each day.

For easier flossing, try using a dental floss holder or threader.

continued on page 40

We can picture you with a gorgeous smile.



Hard to picture yourself with a healthy, gorgeous smile? Don't worry. We'll do it for you. Free! Just send us a close-up picture of yourself with a big, toothy grin...a nice head-on shot, like the one pictured here.

If you'd like to send along a picture of someone else in your family, that's fine, too. After all, braces can work wonders for people of all ages. Just remember to limit one person to each photograph. That way we'll be able to give you the best example of what braces can do.

So if you've ever wondered what you might look like after braces, stop wondering and see for yourself. Just look at the birdie, then look in the mail. If you like what you see, it's time for a visit to the one specialist who can make it happen. An orthodontist.

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DRY MOUTH MEDICINE

Common side effect may increase tooth decay

If you're on one of 400 medications that leave your mouth dry, watch out for root or crown decay.

That's the recent finding of Dr. Athena Papas, assistant professor of general dentistry at Tufts University School of Dental Medicine.

Dr. Papas studied the saliva flow of 60 people who were taking medications (ranging from antihistamines to tranquilizers) and experiencing dry mouth as a result. Forty-seven percent of the group had crown decay, 45 percent root decay.

On the other hand, a group that wasn't taking any medication experienced crown and root decay at a rate of only 26 and 20 percent, respectively. The results were even more pronounced for study subjects over age 60 who *were* taking medication: Fifty percent had root decay versus only 23 percent for the nonmedicated group.

The conclusion? People with the greatest decay also experienced the lowest flow of saliva, and vice versa.

Dr. Papas warns that a drop in saliva may go unnoticed by your dentist because dental work usually stimulates saliva flow. So, if you're taking medication that drys out your mouth, ask your dentist to check your saliva flow. In the meantime, use a fluoridated rinse or gel to help reduce the odds of developing tooth decay.



BEATING BAD BREATH

How to prevent a malodorous mouth

OK, so talking about fetid breath isn't your favorite lunchtime topic. But let's face it: Your mouth is a cafeteria of odor-causing bacteria.

Luckily, there are several easy ways that you can keep your mouth free from unpleasant odors, once you uncover the source of the smell.

Three basic reasons exist for halitosis, or bad breath, explains Deborah Bailey McFall, president-elect of the American Dental Hygienist's Association. The first is simple: an unclean mouth. If you don't routinely clean your teeth, gums, and tongue, you're just setting the table for an unwanted odor. The same holds true if you fail to clean your dentures or partials.

Second, medical problems can upset fresh breath. For example, bad breath can be caused by a stomach disorder, a sinus infection with lots of postnasal drip, or the way your body chemistry interacts with medications.

Third, your daily habits also play a role. Smoking or chewing tobacco, or drinking heavily, affects your breath.

Besides curbing bad habits, how can you prevent halitosis? McFall suggests these tips:

*Have your teeth regularly cleaned by a licensed dental professional.

*Brush your teeth and tongue at least twice a day, floss at least once a day, and rinse your mouth anytime during the day to help remove food debris.

*Chew sugarless gum to increase saliva flow, the mouth's natural cleanser.

*Snack on carrots, celery, or apples, which help stop plaque from forming.

*Eat a balanced diet. A vitamin deficiency may contribute to gum disease and bad breath.

*Ask your dentist about using a mouthwash or rinse. Some do nothing more than help loosen food debris, while others actually kill bacteria. Which product you use, however, depends on what type of bacteria you need to kill. For example, your dentist may advise using a chlorihexidine rinse (available by prescription only) to help treat gum disease.



DENTAL HEALING

Special diet helps speed recovery

After seeing the dentist for tissue-related work, some folks skip solid foods and head straight for the squishy, sugary stuff, such as ice cream and milk shakes.

Sounds delicious, but chew on this: Experts say that before and after certain dental procedures, you need a nutritional *boost* to aid recovery.

Winston Morris, D.M.D., is an orthodontist and endodontist in Lakeland, Florida, who is coauthor of the handbook *Balanced Nutrition Plan for Dental Patients.* He says that your total food intake should increase by 25 percent one week before you have tissue-related dental work or at the first sign of a dental infection. The added food provides extra nutrition to help heal your body and fight off infection.

In addition, Dr. Morris advises that each day after a tissue-related procedure, a patient should take a multivitamin and mineral supplement, drink eight glasses of water, and five glasses of skim milk. Of course, this plan should be added to a regular balanced diet that's high in fiber, low in sugar, and includes vegetables, fruits, polyunsaturated fats, and proteins.

If you've had a root canal or the removal of a wisdom tooth, follow the vitamins-water-milk plan for six weeks after the procedure. For soft-tissue work, such as gum surgery, continue the diet for two weeks after your dental visit, advises Dr. Morris.

Other procedures, such as dental implants and some denture work, are also good candidates for an extra-nutrition boost, explains Dr. Morris.



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"Danielle"

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"Danielle's" head, arms, and legs are hand-cast bisque porcelain of natural black skin tone, skillfully hand-painted to enhance this baby's gentle expression of discovery. Her warm, brown hand-set eyes are full of affection, and her head is slightly tilted as she glances up for Mommy's approval. "Danielle" wears a hand-tailored cotton-blend floral print dress, reverse-print bonnet and pantalettes, ivory lace pinafore, and knit socks. Her outfit is trimmed in two colors of ribbon, tiny satin rosebuds, and ribbon-woven lace.

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "Danielle" has earned the *Standards'* highest rating for artistry and craftsmanship — Premiere Grade.

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Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship — such as "Danielle" and other Premiere Grade dolls — have excellent potential to appreciate. Bear in mind that "Danielle" is the final issue in the same collection as the exceptional baby dolls we recommended in the chart below. "Danielle" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Danielle" can be yours to cherish for only $69.00 — an extraordinary value for a porcelain baby doll by this renowned artist.

To order, simply complete and mail the attached Reservation Certificate. But hurry… "Danielle" is issued in an edition ending forever in 1992, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Doll	Artist	Edition End	Issue Price	Average Market Value*	Change
"Heather"	Yolanda Bello	1987	$48	$427	+$379
"Jennifer"	Yolanda Bello	1988	$58	$365	+$307
"Sarah"	Yolanda Bello	1989	$58	$151	+$93

*Source: August, 1991 survey of registered sales by select doll dealers nationwide. Prices quoted above are based on relatively few sales by leading doll dealers and reflect the law of supply and demand; actual resale prices realized by individual collectors may be lower.

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My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Danielle" to the Ashton-Drake Galleries at any time within ***one full year*** after I receive her for a refund or credit of the full purchase price, including postage.

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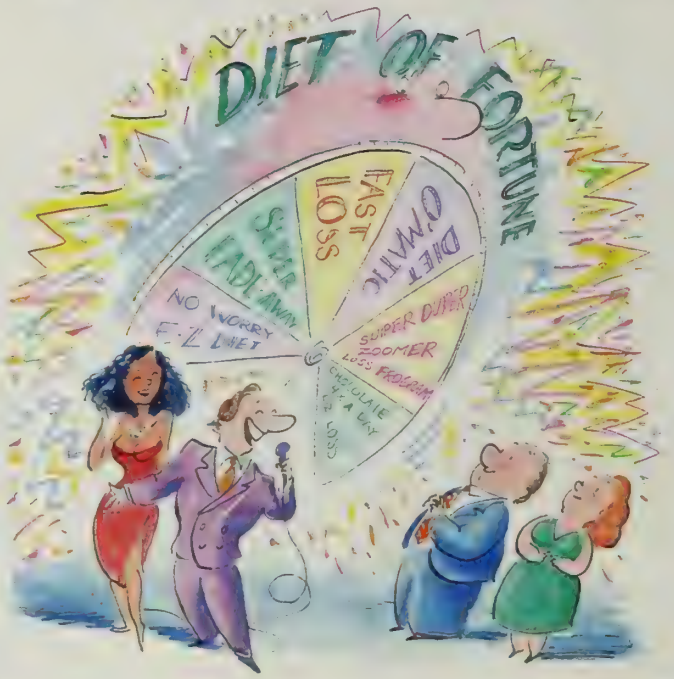
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SEVEN BAD DIET IDEAS
And why they can be so dangerous



STEVE BJÖRKMAN

Diet advice is as common as dust. Much of that advice is misleading, and a portion is downright dangerous. Here's a look at some of the most common weight-loss schemes and why they are worrisome.

1 Fasting. Trying to lose weight by not eating is "crazy," says Dr. Charles O. Walker, M.D., a gastroenterologist at Baylor University Medical Center in Dallas. When you fast, you lose muscle before fat. And after a day or two of fasting, people often embark on a high-calorie binge. Long-term fasting is hazardous, since it weakens your immune system and places a strain on vital organs.

Judy Goffi, a registered dietitian at New England Medical Center in Boston, says herbal fasting is currently popular. People typically drink an herbal tea mix for a day to "cleanse" their system. Later, they ingest unlimited quantities of fruit juice. But juice is relatively high in calories, so weight loss probably isn't significant.

2 Single-Food Diets. We all remember the once-popular grapefruit diet, built on the premise that enzymes found in grapefruit burn fat. It doesn't take long to tire of the same dish and fall off your program, says Goffi, who stresses the need for variety in any diet. "People shouldn't feel too deprived while losing weight," she says. "If you really want a particular food, you can learn how to work it into a meal plan."

Also, notes Dr. Walker, single-food diets and other very restrictive regimens (fewer than 800 calories a day) don't provide adequate nutrition. The exception to this rule, he says, is a doctor-supervised liquid diet.

3 Diet Pills. Weight-loss pills containing phenylpropanolamine (PPA) or benzocaine are marketed as appetite suppressants. But whether these claims are true remains to be seen. The Food and Drug Administration (FDA) is reviewing both ingredients to determine if they're safe and effective. Regardless, says Dr. Walker, avoid these products because they're just a "crutch", and the user isn't likely to make the lifestyle changes needed for long-term success. Also, diet pills are dangerous for people with heart problems, thyroid disease, and high blood pressure.

Dr. Walker reserves his harshest criticism for physicians who prescribe diet pills. "Those people need their licenses lifted immediately," he says. "It's totally unacceptable in this day and age."

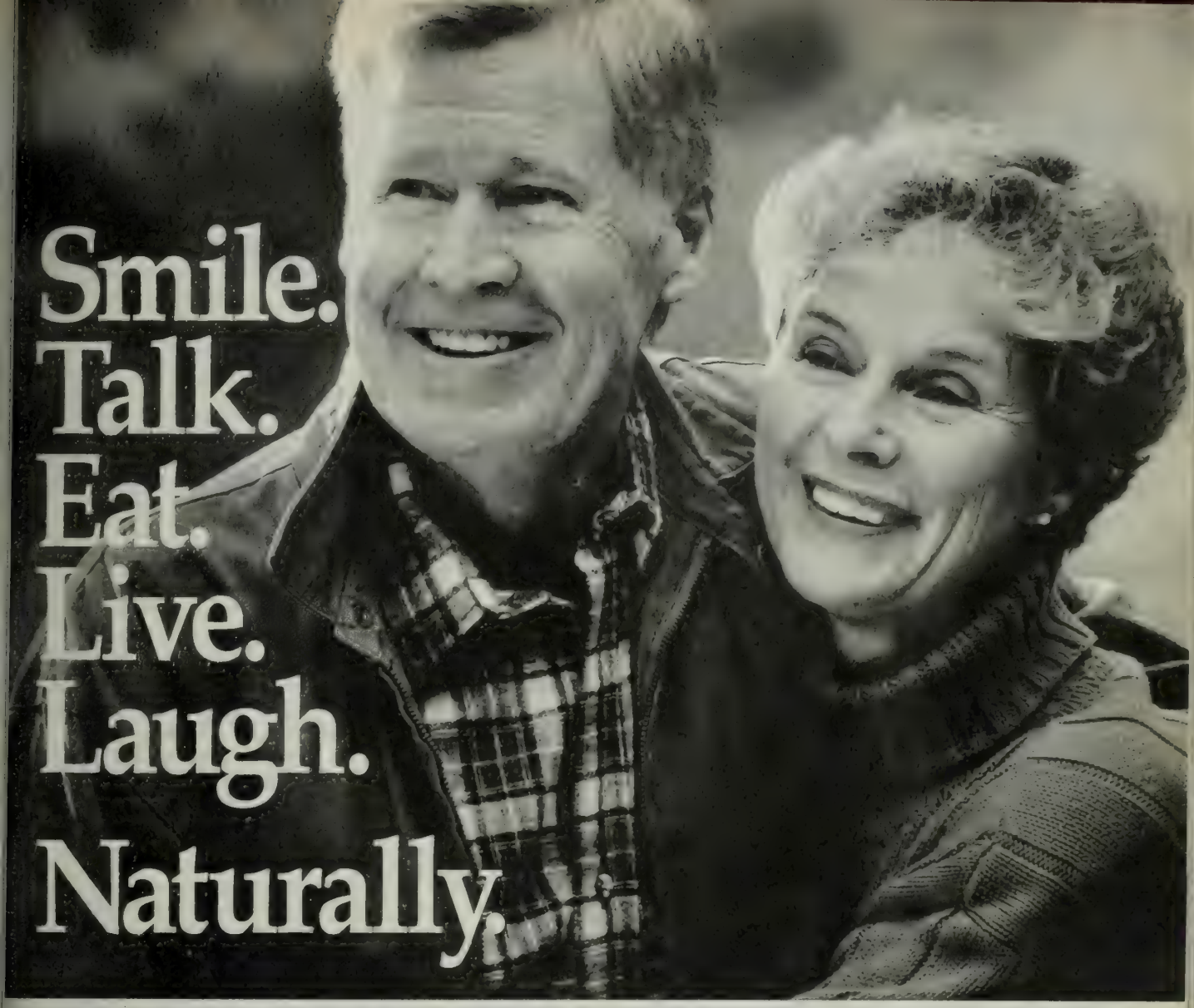
4 Diuretics. This quick fix may cause you to shed a few pounds in water weight. But it's only temporary and doesn't remove fat, the real measure of success, explains Goffi. If abused, diuretics promote dangerous dehydration, plus changes in body chemistry. See a doctor if you suffer fluid retention.

5 Body Wraps. Some salons promise to tone you up by swathing you in plastic and subjecting you to high temperatures. This uncomfortable treatment will make you sweat and may lighten the scale a pound or two. But rest assured you're just losing water weight, as well as your money. Using a sauna for the same purpose is also ineffective.

6 Skin Patches and Other Scams. So-called "diet patches" that supposedly contain an appetite suppressant were popular a few years ago. Few weight-loss gimmicks elicit as many chuckles from health professionals. To date, there's nothing you can put on your skin that melts the fat away. The FDA has already banned one batch of patches because they didn't work. However, this hasn't stopped other hucksters from selling equally dubious products, such as "body sculpting" suction devices.

One problem is that government agencies are "overwhelmed" with try-

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BAD DIET IDEAS

continued from page 46

ing to crack down on weight-loss fraud, according to FDA scientist Mike Shaffer. "It's important for people to understand there's pretty much a wide-open market in terms of promoting various types of diet plans," he says. "In many cases, there's no direct control to prevent persons, companies, or individuals from offering all sorts of wild plans and ideas."



Muscle Stimulators. These high-tech devices have some legitimate medical uses, but weight loss isn't one of them. You may burn a few calories, says Dr. Walker, but not enough to make a difference. Even more absurd, he adds, is the notion you can zap pounds off selected areas, such as the hips or stomach. No diet or exercise can target a particular part of the body for fat reduction.

THE AWFUL TRUTH

The only proven way to safely lose weight permanently is to eat less and exercise more. A sensible reduction plan exploits this basic principle, while promoting balanced meals. Also, exercising is necessary for toning muscles and maintaining your new weight. And you'll probably need follow-up care to keep the pounds from creeping back.

"Lots of people are successful in losing weight, but almost nobody keeps it off," says Charles O. Walker, M.D., a gastroenterologist at Baylor University Medical Center in Dallas. "It requires you to change your lifestyle, and people are really not ready to do that." Anyone with more than 10 to 15 pounds to lose, he explains, should join a reputable weight-loss program. The heavier you are, the more supervision you'll need.

Your reduction and maintenance plans should be low in fat and high in fruits, vegetables, and other complex carbohydrates. To achieve slow, steady progress—the sort of program that most experts recommend—figure on a daily intake of 12 to 14 calories per pound of body weight. "You must look at changes over time, not what you can change this week," says Judy Goffi, a registered dietician at New England Medical Center in Boston.

Patients without medical necessity shouldn't rush the process. Very low calorie diets, explains Dr. Walker, may not bring about dramatic results. That's because your metabolism slows in response to a decreased level of food. Without a maintenance program, you'll likely regain the weight. Also, before beginning a diet, check with your physician if you have an underlying medical condition or expect to shed 35 pounds or more.





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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

RUNNING WITH YOUR DOG

How to get you and your pooch fit and trim

"I'm the kind of guy who likes to run by myself, but not alone," confesses San Diego psychotherapist Jack Sanford. So he runs with one of his good friends—his dog. Now he's written a book about how to do it.

In *Running With Your Dog* (Denlinger's Publishers; Fairfax, Virginia), Sanford says that your dog reaps the same health benefits as you do from running. In addition, running helps improve your dog's disposition.



Beware of running with short or heavy dogs, however, such as Dachshunds and St. Bernards. They don't run well. "But most dogs are built for running and are enthusiastic about it," says Sanford.

Obedience training is essential, so start it when your dog is a puppy. Use commands, such as "heel" and "come," while walking your leashed pup over the same route repeatedly, until it's well trained. Stick to walking until your pooch approaches one year old. After that, most dogs are strong enough to run you into the ground.

You *can* teach your old dog new tricks, such as running alongside you, but first schedule a checkup at the vet's. Then build up slowly to allow your dog time to get in shape.

When the weather starts to warm up, use caution. In fact, don't run at all in hot weather. Dogs can overheat quickly because their primary means of "sweating" is panting, which isn't an efficient way of cooling down.

Traffic is a hazard as well, so keep your dog on a leash. Sanford prefers routes away from traffic and on dirt or grass (but only where dogs are permitted). Such natural surfaces help reduce the chances of foot and knee injuries to your dog.

Another reason to avoid sidewalks: they pass through neighborhoods, which are often full of other dogs with territories to defend.

EXERCISE AND CREATIVITY

Perspiration can inspire innovation

When you're finding that an "Ah-ha!" idea is hard to come by, try aerobic exercise.

That's the message from a recent study by Joan Gondola, Ph.D., at Baruch College/CUNY in New York.

She tested two groups of students on their creative abilities. One group was tested after running and aerobic dancing for 16 sessions, 20 minutes per session. The other group was tested without doing aerobic exercise.

Test results showed "dramatic" differences in scores, with the aerobic group on top. Other aerobic exercises, such as cross-country skiing and swimming, probably affect creativity in the same way, adds Gondola.

She says exercise helps induce an alpha, or relaxing, state in the brain. In this state, "ideas flow in and out of consciousness in a random, nonforced way. We drop our guard and don't censor or judge, and solutions come."

Gondola isn't sure how much exercise is needed to affect creativity, but she's positive that every person has a point of diminishing returns. Going past this point causes fatigue or injury, which dampens creativity.

For example, one study showed that running 20 miles a week helped creativity more than running 10 miles, she says. Yet running 40 miles didn't have any added benefits.



OLDER FOLKS AND STROKES

Exercise may help block heart attacks and strokes

Attention, men aged 60 to 82: Starting the new year with

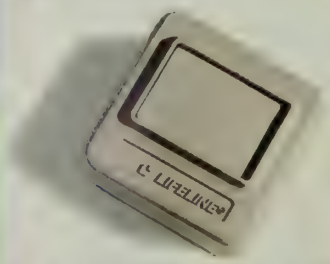
continued on page 52

"Having a baby is the most exciting thing to happen to me. And the most terrifying."



Not knowing exactly what to expect from your new baby can make you a bundle of nerves.

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Isn't your body ready to be revitalized in the clear, Caribbean-blue waters of ActiBath?



The Spa Tablet.™

FITNESS MATTERS

continued from page 50

a program of vigorous and regular walking, jogging, and bicycling could save your life.

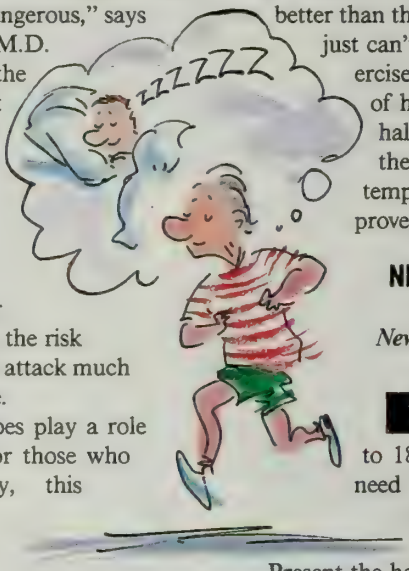
A University of Washington Study suggests that intense exercise for 45 minutes four or five times a week increases the ability of older men's blood to dissolve blood clots and prevent clot formation. Strokes and heart attacks are often caused by clots.

Past studies of men indicate that exercise gives an immediate-but-brief increase in the blood's ability to dissolve clots. However, the University of Washington study showed something different: long-lasting effects on clot dissolving after six months of training. In fact, the men tested had an average 39-percent increase in a key clot-dissolving enzyme.

Caution: These results do not mean all older men should start exercising vigorously without a physician's OK. "That would be dangerous," says Wayne Chandler, M.D.

In addition, the study doesn't mean that exercise is the overriding factor in prevention. Quitting smoking and watching your weight will reduce the risk of stroke and heart attack much more than exercise.

Still, exercise does play a role in prevention. "For those who exercise regularly, this study means keep it up," says Chandler.



REST EASY WITH EXERCISE

Regular workouts may help you get a good night's sleep

To tire your body out for bedtime, try daily exercise.

Aerobic exercise such as brisk walking or swimming may help you sleep, but only if you exercise regularly, says Mark Chambers, Ph.D., psychologist at the Stanford University Sleep Disorders Clinic. Occasional workouts lead to soreness, which disrupts sleep.

Working out right before bed also disrupts sleep, which is linked to small changes in body temperature, explains Chambers. Body temperature is highest around 7 p.m., then slowly falls. Sleep soon follows.

Exercise in late afternoon or early evening can help. Prolonged aerobic exercise arouses your body by raising your temperature, exaggerating the temperature rise-then-fall process that happens before sleep.

But intense exercising too close to bedtime interrupts this temperature process. As a rule, don't work out less than three to four hours before bedtime. Evening walks, however, usually don't affect sleep.

There is another, although smaller, temperature rise-then-fall around 1 or 2 p.m., which explains why afternoon naps are so compelling. Napping, by the way, is a no-no if you want to sleep well at night.

Many factors affect sleep, including diet, illness, and stress. Still, people who exercise regularly tend to sleep better than those who don't. If you just can't find the time to exercise, try soaking in a tub of hot water for about a half hour. It has about the same effect on body temperature and sleep improvement as exercise.

NEWS THAT'S FIT FOR KIDS

Newsletter makes learning about fitness fun

How do you educate 10- to 18-year-olds about the need to adopt healthful eating and exercise habits early in life?

Present the health and fitness facts in a kid-to-kid kind of way, using quizzes, puzzles, recipes, and rap songs created by kids.

Parents aren't completely left out, however. Every issue includes a special parents' page.

To receive a free copy of the newsletter "Kids For Healthy Hearts News," write: Kids For Healthy Hearts, P.O. Box 3447, Dept. U-1, Battle Creek, MI 49016-3447.

—By free-lance writer Gary Legwold, a frequent contributor to these pages, who does his exercising in Minneapolis.

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The first carbonated bath tablet with moisturizers.

Now you can smooth dry skin as you soothe your tired body, in the creamy blue carbonated waters of new Moisture Treatment ActiBath.

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The Spa Tablet™ With Moisturizers.

Introducing a delicious new wa



Choose a cool Ultra Slim·Fast Fruit Juice Shake for breakfast.



Have a delicious, chewy Ultra Slim·Fast Crunch Bar as a snack.



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Eat the foods you love and still lose weight.

Now you can eat the foods you love—from delicious Soups to Pasta Dishes to Frozen Entrees like Roasted Chicken with Mushrooms. Enjoy crunchy Snacks like Popcorn, Pretzels and Cheese Curls, luscious Crunch Bars, thick rich Shakes, creamy Puddings and ice-creamy Frozen Desserts—and still lose weight.



Losing weight and feeling grea The Ultra Slim·Fast® Plan has nev been easier or more delicious.

The new Ultra Slim·Fast Plan i incredibly easy! And all Ultra Slim·Fast Foods are absolutely deli- cious. A Shake for breakfast, anoth for lunch, a sensible, satisfying 3-course Dinner and 3 delicious Snacks. You can eat 6 times a day and still lose the weight you want ar feel great.

Compare our labels. Compare our taste. See how delicious good nutrition* can taste.

Ultra Slim·Fast Foods taste absolutely delicious. But the big nutritional difference is that in addi-

o eat healthy and lose weight.



Ultra Slim·Fast Cheese Curls, opcorn, Pretzels or Pudding.



Time for a delicious 3-course dinner: Ultra Slim·Fast Soup, Salad and Entree.



Try ice-creamy and delicious Ultra Slim·Fast Frozen Delight.

on to high-energy carbohydrates, tra Slim·Fast has added vitamins, inerals and fiber while reducing fat nd calories. Keeping trim isn't just a atter of looking good—it's impor- nt to your good health. So start day—make 1992 your year to lose eight and feel great.

*Note: Persons on restricted sodium diets should ad labels carefully for sodium content.



ULTRA
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Give us a week, we'll take off the weight.



©1992 Slim·Fast Foods Company. Weight loss may vary. Average weight loss is 3-4 lbs. the first week, 1-2 lbs. each week thereafter.



"Patience"

Rimmed in 23 karat gold
Shown smaller than actual
diameter of 8½ inches
©1991 Reco

Relive those favorite childhood memories... a Bradford Exchange recommendation



Even though the fish aren't biting, this secluded spot nestled under a canopy of colorful flowers seems like the perfect place to pass a summer morning with a new friend. This is "Patience," a new porcelain collector's plate by six-time Plate Artist of the Year Sandra Kuck. "Patience" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Patience" is an important first issue, the first in the *Hearts and Flowers from Sandra Kuck* collection from Reco International.

It's an impressive work of art, created from an original work by award-winning artist Sandra Kuck, whose romantic portraits of children have become favorites of collectors. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Patience" is limited to a maximum of 120 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange – picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1979, you would have bought "Mary, Mary," the first issue in the Reco McClelland Mother Goose series, at just $22.50 – a plate that now trades at $130.00.* More recently, if you had acquired "Brotherly Love," an exceptional children-theme plate from the Pemberton and Oakes Special Moments series, you would now own a plate valued at more than three times its 1988 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. Right now, Bradford Exchange analysts rate "Patience" as one of the year's top prospects...and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Patience" at its $29.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Patience" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report Volume III-8.

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"Patience"

Please respond by: February 29, 1992

The Bradford Exchange
9345 Milwaukee Avenue, Chicago, IL 60648

Please enter my order for "Patience." I understand I need SEND NO MONEY NOW. I will be billed $29.50*, when my plate is shipped. *Limit: one plate per customer.*

Signature

Mr. Mrs. Ms. ( )

(Circle One) Name (Please Print) Telephone

Address

City State Zip

7881-E81291

*Plus a total of $3.49 postage and handling, and sales tax where applicable. The plate price in Canada is $39.50. Pending credit approval.

Your Unconditional 365-day Guarantee:

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.



STEVE BJÖRKMAN

FITNESS FOOD FADS
What's the score?

What you eat can affect your exercising ability, whether you walk every day or compete in triathlons. That doesn't mean you should take all those sports diets to heart. Instead, find out the facts behind the popular food fads you hear about in your local gym or health club; then, check with a dietitian to see if you should change your diet for better performance.

Fad: *Following a sports diet will pump more power into your workout.*

Fact: Your need for a special sports diet depends on how hard and how long you exercise. For example, if you work out three times a week for 20 to 30 minutes, you should get enough nutrients, energy, and stamina from a heart-healthy balanced diet. That means a high-carbohydrate, low-fat, moderate-protein diet, such as the one recommended by the American Heart Association.

Weight lifters, marathon runners, and other heavy exercisers should review the number and kind of calories they consume. These serious athletes, regardless of their sport, may want extra carbohydrate calories to fuel and refuel muscles. A gymnast may eat fewer total calories than a football player, but both should get the same calorie distribution: at least 60 percent should come from carbohydrates and at most 30 percent from fat.

Fad: *To be at your best, load up on plates of pasta the night before a race.*

Fact: If your idea of "carbo-loading" is eating a single carbohydrate-rich meal the night before a competitive event, remember that one marathon meal of spaghetti is less effective than eating carbohydrate-rich foods *every day at every meal.*

Fad: *If you're into muscle-building, stock up on meat and protein drinks.*

Fact: A king-size steak won't turn a wimp into a champion weight-lifter. Muscle-builders may need slightly more protein than most adults, but they generally get enough without trying. This is because on average, Americans consume two to three times their daily protein requirement.

Although muscle builders require adequate protein, they also need extra carbohydrates for energy. For the right balance of protein and carbohydrates, eat a small serving of a protein-rich food along with a generous serving of carbohydrate-rich foods at every meal—low-fat milk on breakfast cereal, water-pack tuna in a sandwich, or lean meat sauce on pasta.

Fad: *Never eat before you exercise.*

Fact: A snack before exercise can build up your endurance, stamina, and enthusiasm. Contrary to popular thought, your body can digest small amounts of food when you exercise, particularly if you're exercising at a comfortable pace. A caveat: Although a light preexercise snack may boost your energy, a large meal could hamper your efforts.

Fad: *Steer clear of food and drink during exercise.*

Fact: During short exercise periods, you can probably go without food or liquid. But, when you work out hard for more than 60 minutes, consume at least water (from 4 to 8 ounces every 20 minutes) and small carbohydrate-rich snacks—such as orange slices, raisins, or juice.

Fad: *Stock up on supplements for peak performance.*

Fact: A balanced diet usually provides more than enough vitamins and minerals for exercise, especially if you're eating more anyway for energy.

Iron is one nutrient, however, that females, athletes, and nonmeat-eaters may lack. Lack of iron may make you feel fatigued during exercise. To get enough of this vital nutrient, eat lean cuts of meat or poultry, iron-enriched cereals or breads, or dark green leafy vegetables. You can also take an iron supplement, but it should not provide more than 100 percent of the Recommended Dietary Allowance (RDA).

Fad: *As long as you exercise, you'll lose weight, even if you treat yourself to high-calorie foods.*

Fact: You'll lose weight only if you burn more calories than you eat. Because exercise requires calories, people who work out often do lose weight. However, increased exercise can sometimes cause you to gain weight, especially if you work out on body-building equipment. But those extra pounds often come from muscle growth, not fat.

—Nancy Clark, M.S., R.D., is the "food coach" at SportsMedicine Brookline (a New England athletic injury clinic). She has written two books: The Athlete's Kitchen *and* Nancy Clark's Sports Nutrition Guidebook.



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HOW AND WHEN TO TELL YOUR CHILDREN ABOUT AIDS



Every day, it seems, AIDS hits just a little bit closer to home. Only a few months ago, TV screens were filled with the startling news that Los Angeles Lakers' basketball star Magic Johnson tested positive for the HIV virus that causes AIDS. This nationwide "wake-up call" has left parents wondering what to tell their now-questioning kids.

So what kind of information do parents need to give their children? Here are some of the questions parents have been asking me about AIDS and their kids.

At what age should I first tell my child about AIDS?

The general rule is that parents should tell kids what they need to know when they need to know it. In most cases, therefore, children don't need to know a lot about AIDS until the early teen years, when the possibility of sexual activity begins to increase. However, if a classmate, a classmate's parent, a neighbor, a relative, or a close family friend is known to be HIV-positive, then there may be reason enough to start a child's AIDS education much earlier.

In that event, a child should know that AIDS-infected people are not "untouchables" and that AIDS is not highly contagious except under certain circumstances.

What if my 6-year-old begins asking me questions about AIDS?

Always answer your child's questions, no matter how old he or she is. Even though most children don't really *need* to know about AIDS until early adolescence, a lot of children hear about it much sooner. Answers to a child's questions should be direct and free of editorial words such as "bad" and "wrong."

Equally important, reassure your child that even though AIDS is in the news almost every day, the chances of anyone in the family contracting it are extremely rare. In short, answers to a child's questions about AIDS should increase his or her awareness and compassion while at the same time minimizing worry.

What additional information, if any, should I provide my 13-year-old?

In the early teen years, or as soon as sexual activity on the part of your child becomes even a *remote* possibility, initiate some straight talk about safe sex. If you think your child is (or is likely to soon become) sexually active, you might even consider providing the child access to condoms, while always stressing that abstinence is—by far—the best policy. Above all else, children need to understand that *any* sexual partner could be a carrier of the virus.

Again, if you feel unsure of your own knowledge in these areas, seek out a professional for help.

Do I really need to say and do all that if I'm absolutely certain my teenager isn't going to become sexually active?

Don't kid yourself. Even teens from the "best families" become sexually active. You can talk about sex and even provide your child access to condoms without, at the same time, giving your child permission to have sex. The important thing is that you—and your child—face reality. Teenage sex may not be desirable—or even in line with your own values—but it happens. It's not just something "bad kids" do. Likewise, AIDS doesn't discriminate on the basis of family background, socio-economics, or religious values. Not even our greatest heroes are immune to AIDS.

KNOW THE FACTS ABOUT AIDS

If you're unsure about anything concerning AIDS, get up to speed fast before your kids start asking questions. No one can afford to be ignorant of the basic facts. Your family doctor or pediatrician will be happy to educate you. Or, call the National AIDS Hotline at 800/342-AIDS or the National AIDS Clearinghouse at 800/458-5231 and press 2 on your touch-tone phone. Ask for the AIDS Prevention Guide (D458 or D115 for Spanish version).



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*



Announcing a baby sale where you'll find cute clothes, fun playthings and a free pacifier for all the parents.

Here's a baby sale so remarkable that it not only has a lot of great clothing and accessories for your baby, lso has something for parents. It's called KidVantage℠ and it can save you money in more ways than one.

KidVantage has a frequent purchase plan. So whenever you buy something, ı earn credit toward discounts on future purchases. Ten or fifteen percent off thing you buy for your child. It also guarantees against wear-out. If your child ars out any clothing before outgrowing it, we'll replace it in the same size.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



FIDO BEATS A BEST FRIEND

Pet dogs calm the stressed

Man's (or woman's) best friend is a better therapy for stress than even a human buddy. That's the result of a study from State University of New York in Buffalo. Karen Allen, Ph.D., and her coworkers discovered the effect by watching 45 women perform stressful activities.

While the women performed mental arithmetic (a standard source of stress in psychology studies), the researchers measured indicators like blood pressure and pulse. Each person performed the activity twice over a period of two weeks. The first time, everyone worked alone in the lab. The second time, subjects performed the activity either alone, with their pet dog, or with a close friend.

The upshot: performing with a friend nearby was the most stressful; having Fido nearby produced the least stress. The researchers warn against taking this as an indictment against human support during a crisis. But in some situations, at least, your dog really is your best friend.

NEWS FROM OUR BELIEVE IT OR NOT DEPT.

What nursing babies like

Pop quiz time: Do babies prefer their mother's milk with or without a tinge of garlic flavor? The answer (according to a study at the Monell Chemical Senses Center in Philadelphia): with garlic.

To answer this burning question, researchers asked nursing mothers to eat garlic. Like many other substances, the garlic soon found its way into the women's breast milk. Peak concentrations appeared about two hours after eating the garlic, giving the milk a decided aroma.

Interestingly, infants offered the garlicky milk tended to nurse longer and drink more milk than those offered the plain variety.

Perhaps next, researchers will discover why these gourmet infants grow into kids who won't eat anything but peanut-butter-and-jelly sandwiches.

COMPARING APPLES AND PEARS

Body shape influences cancer risk

Are you an apple or a pear? It now appears that the answer affects women as well as men.

An "apple" is someone with extra fat around the midsection. "Pears" carry their excess pounds on their hips. Research pegs male apples with a higher risk of heart disease than male pears. A new study indicates that women apples face a higher risk of cancer in the lining of the uterus.

Inches counted in this study, conducted by David V. Schapira, M.D., professor of medicine at the University of South Florida College of Medicine, and Chief of Cancer Prevention at the H. Lee Moffitt Cancer Center and Research Institute in Tampa. A group of women whose waist measurement averaged only a little more than their hip measurement (1.14 times greater, to be precise) faced a 15 times greater risk of endometrial cancer than another group with a smaller average waist to hip ratio.



No one can say whether "apples" who lose weight can cut their risk of endometrial cancer. But women with this body shape should watch for signs of the problem, particularly unusual vaginal bleeding, and talk to their doctor about an appropriate test schedule.

FINDING COULD HELP ELDERLY B(6) SHARP LONGER

Vitamin deficiency spotted

Older people probably aren't getting enough vitamin B_6 if they are relying on standard recommended daily allowance (RDA) tables. The current RDA suits younger adults, but seems to leave the elderly short, report researchers at the Human Nutrition Research Center on Aging at Tufts University in Boston. Vitamin B_6 plays a critical role in maintaining the nervous system.

A three-month-long study looked at people between ages 61 and 71. To maintain adequate levels of the vitamin, women needed 1.9 milligrams daily, versus the RDA of 1.6 milligrams. Men needed just under 2 milligrams, equal to the RDA but absent the safety margin built into RDAs.

Slight deficiencies of vitamin B_6 produce no symptoms. Serious deficiencies, however, lead to depression, lethargy, confusion, and nervousness.

Seniors looking to boost levels of the vitamin can turn to fortified cereals, chicken breast, and beef liver—all rich sources. Before taking supplements, however, check with a doctor. Overdoses of certain vitamins also lead to serious illness.

In The Process Of Learning To Live With Asthma, These People Learned To Live.

Is asthma, emphysema or another respiratory disease controlling your life? Well there's a place in Denver, Colorado that could help. It's called the National Jewish Center for Immunology and Respiratory Medicine, a non-sectarian hospital where the doctors have given people



"Life is just better. I don't have the fear and panic I used to have anymore."
William Bailey, 61. Boulder, CO

from every state in the nation the knowledge and treatment they need to manage respiratory disease and live a better life.

As the only hospital in the country that specializes exclusively in respiratory disease, we treat even the most severe cases. And our treatment works. For example, in one study, treatment at National Jewish was shown to reduce the need for oral steroids in 87% of children with severe asthma. Another study proved that our doctors helped adults with chronic asthma spend an average of 59% less time in the hospital.

"That hospital made me feel good."
Danny Jo Martin, 5. Dallas, TX



While there is no cure, our highly individualized, whole-person programs use the most advanced drugs and treatment methods available. Patients are taught to anticipate and treat attacks before they become severe and they learn to use their medications for the best possible results. In addition, the cost of our treatment is covered by most insurance plans. The medical community counts on National Jewish too. In fact, over 8,000 doctors from all over the country have had enough trust in our specialized programs to refer their chronic respiratory patients here. We invite you to discuss the benefits of our approach with your physician.



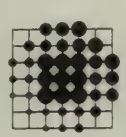
"I had attacks most every night, but now I haven't had one in eight months."
Erin Runhaar, 12. Smithtown, NY

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"They teach you to tell when you're getting into trouble so you can head off the problem early."
Elizabeth Trattner, 22. Tucson, AZ

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WHAT'S 2000 YEARS OLD, *but* KEEPS YOUR SWEET BUNS *fresh* AND IS *always* FULL OF ENERGY?

What, indeed? Well, sugar. And though you may know that it makes lollipops luscious, it also keeps baked goods fresh, because it's a natural preservative. And as a carbohydrate, it gives you energy to function. Impressed? Take the quiz below and it'll be no mystery why, throughout its long history, sugar has been not only naturally delicious, but a natural for many other things as well.

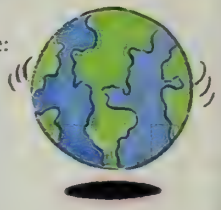




Q: Gram for gram, refined sugar is no more fattening than the sugars in:
a) An apple
b) A mid-sized luxury automobile
c) Broccoli
d) Carrots

A: *a), c), d). Gram for gram, refined sugar is no more fattening than the sugars found in fruits and vegetables. Why? Because, like sugar, they're all carbohydrates. Frankly, we don't think there are many carbohydrates in automobiles.*

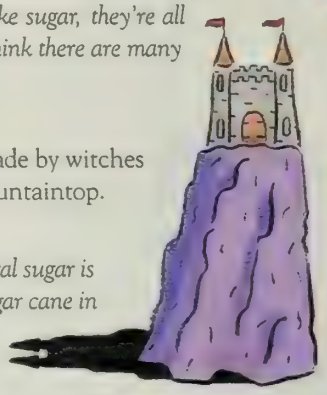
Q: Sugar has the ability to make:
a) The world go round
b) Hay while the sun shines
c) Breads and cakes rise
d) A bit of a fuss



A: *c). Sugar acts as a food for yeast, which makes your fresh, delicious baked goods what they are. In its own way, it does make a fuss, but the right kind.*

Q: True or False: Sugar is made by witches in a castle, high on a mountaintop.

A: *False. 100% natural sugar is created in sugar beets and sugar cane in lovely rural settings.*

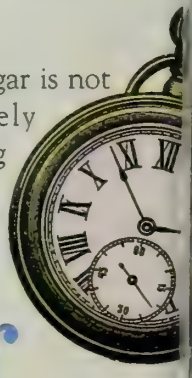




Q: To cure hiccups, you should:
a) Flap your arms violently
b) Bend over backwards and recite poetry
c) Leave the country
d) Take a teaspoon of sugar

A: *d). Sugar is a traditional remedy for hiccups. And that's just one of its many medicinal qualities. It has been used to help wounds heal and is in many vitamin tablets.*

So now you can see why sugar is not only delicious, but extremely versatile as well. From putting the punch in pies to keeping muffins moist, sugar is clearly a timeless treat.



sugar

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RAISING SMART KIDS

Seven ways to boost your child's thinking skills



A lifetime of rewards awaits your children if they can develop solid thinking skills at an early age. In school, and later at work, kids who can sort through stacks of complex information and draw conclusions will make the greatest headway. It's no wonder that many schools now offer students courses in critical thinking.

Society also counts on good thinkers to become successful citizens. "We need citizens who can evaluate, problem solve, and take risks," says Jeff Golub, Ph.D., assistant professor of English education at the University of South Florida.

Good thinkers demonstrate a number of critical skills, according to Robert Pauker, Ed.D., author of a special study called Teaching Thinking and Reasoning Skills. Good thinkers can sort through ideas and categorize things, observe what's around them, ask many questions, and predict outcomes based on what they see.

Here are some simple, proven ways that you can help improve your child's thinking skills right at home.

Good thinking skills are essential to your child's success in school and in life.

1. Play games with your kids. Word games and strategy games are good ways to get your children to predict things, to look at things in a different way, and to be original. Thinking skills expert Adams recommends playing the card game War. "As kids grow they can learn different things from it," she explains. Young children learn to recognize numbers and their values. Older children can change the rules, select wild cards, make low-value cards the winners. "Kids like to win, and changing the rules encourages them to think and to use strategy."

Board games such as Stratego and Trivial Pursuit (the children's version) challenge kids to think as well, says executive director Sava.

Playing games also helps distract children from more passive activities—ones that might not kick off the thinking mechanism in their brains.

2. Encourage kids to write. The perfect corollary to reading with children is writing with them. "People who are able to write well have excellent thinking skills," notes Sava, of the NAESP. "Writers are able to organize their thoughts."

Many people think writing is hard work, but it can be fun for kids, especially if you introduce it that way, explains Sava. Young children love to dictate stories to their parents. Once you record your child's thoughts, read them back, saying, "Let me tell you what you said." This will probably stimulate your child to change the story you've written down. That's fine, because elaboration stimulates thinking as well.

For older children, encourage them to keep a journal or write postcards and notes to relatives and friends.

3. Answer those silly questions. Why is the sky blue? Why do worms come out in the rain? It seems that every child goes through a phase of nonstop questioning. As annoying as it may be at times, you should encourage it.

"The bottom line is that children are very creative thinkers," declares Barbara Willer, Ph.D., of the National Association for the Education of Young Children. "As parents, we sometimes squash that thinking because we don't have a lot of time for the three thousand questions kids ask." If you don't know the answer to your child's question (or don't have the time to answer), write it down and bring it with you on your next trip to the library. Try to discover the information together. Doing so makes kids realize that you value their questions and are interested in what they think.

"It may seem like a waste of time," Willer says, "but we have to recognize that those types of questions lead to wonderful inventions and ideas."

4. Help children make connections. Kids need to see that the world is full of connections. For example, you might show your kids how the lion at the zoo resembles your cat.

continued on page 68

SHAKE 'N BAKE

PRESENTS

GOOD IDEAS FOR BABY SITTERS



Why not save a few steps the next time you're leaving the kids with a sitter? Cut out this list, fill it in now, and put it on the refrigerator. It's peace of mind for you and your sitter.

OUR ADDRESS AND PHONE

_____

_____

EMERGENCY

Doctor _____

Police _____

Fire _____

Neighbor _____

CHECKLIST

☐ After dark, remember to turn on the outside lights, and keep the doors closed and locked. No visitors are allowed.

☐ It's bedtime. Have the kids brushed their teeth and washed up? Do they need to take any medicines? Make sure you look in on them every once in a while.

☐ Keep the dinner simple, and be careful around the oven and stove. Afterwards, make sure all appliances are turned off.

A SHAKE 'N BAKE CHICKEN TREAT – THE SITTER SANDWICH –

Here's a simple way to enjoy Shake 'n Bake Hot & Spicy or Original Recipe for chicken. Prepare boneless, skinless chicken breasts according to package directions. Serve on a sesame seed bun or sliced bread. For extra fun, add cheese, pickles, tomato, lettuce, or mayonnaise. It tastes like eating out – without leaving home.

RAISING SMART KIDS

continued from page 67

How does this encourage thinking? It helps children develop the ability to look at things from various points of view. One important characteristic of a good thinker is flexibility, explains the University of South Florida's Golub. Flexible thinkers are the ones who find another solution to a problem if their first idea fails.

Making connections also helps develop your child's observational powers. "Kids who are good observers are the ones who can notice important details," author Pauker says.

5. Watch TV together. This may seem to contradict advice you've already read about raising smart kids. True, too much television can turn your children into drones. So don't leave kids and television together on their own, suggests Sava. Sit down with your children to watch programs. Talk about the characters, the plot, the moral of the story. You can even talk about the commercials: "Should we buy that product or should we save our money for a trip to Grandma's?"

Better yet, public TV and many cable channels offer family programs that can take kids to places they've never seen. Draw out your child's imagination with relevant questions. Then find books or museums or magazines that can provide more information on what they've just seen.

With guidance, kids may even become more critical TV watchers and find that it's not as much fun as some other, more challenging, activities.

6. Expose your children to the world. Museums, plays, historical places, unexplored city neighborhoods—all of these things may help tickle your child's brain and spur thinking.

Just showing your children these places isn't enough, however. Good thinkers possess the ability to elaborate and to discuss the finer points.

"Providing details is an important creative thinking skill," Golub says. "Parents can help kids by encouraging them to talk. Ask your children about what they see and hear on these trips. By doing so, you're saying to your youngster, 'Tell me more, I'm interested in what you have to say.' It's a warm and fuzzy thing."

7. Read to your children. That's obvious advice, perhaps, but consider for a moment the many ways that reading can build your child's thinking skills. For instance, simply listening to literature helps kids think, say experts. "Some children love to hear the same story over and over again," says Sam Sava, Ph.D., executive director of the National Association of Elementary School Principals (NAESP). "That's OK because it gives kids a kind of one-upmanship. It sets the stage, and now they're thinking ahead. They can tell you what's going to happen next."

Reading also exposes youngsters to knowledge and experience. "What children can understand or learn depends greatly on what they already know," says Bill Nagy of the Center for the Study of Reading at the University of Illinois.

Stories stimulate the imagination, but they're not the only read-aloud material youngsters enjoy. Nonfiction also challenges them. "If you go to the library and find five books on dinosaurs or sea animals, kids love it," says Marilyn Adams, Ph.D., an expert on thinking skills. "You can read each book and see what's the same, what's different. The child begins to understand and to think. It helps develop curiosity."



Reading aloud doesn't have to stop when children start school—or even when they can read well on their own. Share portions of interesting newspaper or magazine articles with your kids. Then, use those stories to start thought-provoking conversations.

—Andrea Atkins, a former education editor for Better Homes and Gardens® *magazine, is a free-lance writer living in New York City.*

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Make Yourself Comfortable

AMAZING Lace

PHOTOGRAPHS: BARBARA MARTIN REGIONAL EDITOR: MARY ANNE THOMSON

How sweet the sight! As delicate as a snowflake but infinitely more lasting, lace's ethereal beauty suggests the charm of an old-world cottage. Yet, the finespun fabric offers decidedly modern-day ease. With its go-anywhere versatility, availability, and deceptively



fragile beauty, lace is the stuff of decorating dreams. Want to give your home a lace lift? Turn the page for easy ideas to help you weave romance into every room.

BY SANDRA S. SORIA
AND REBECCA JERDEE

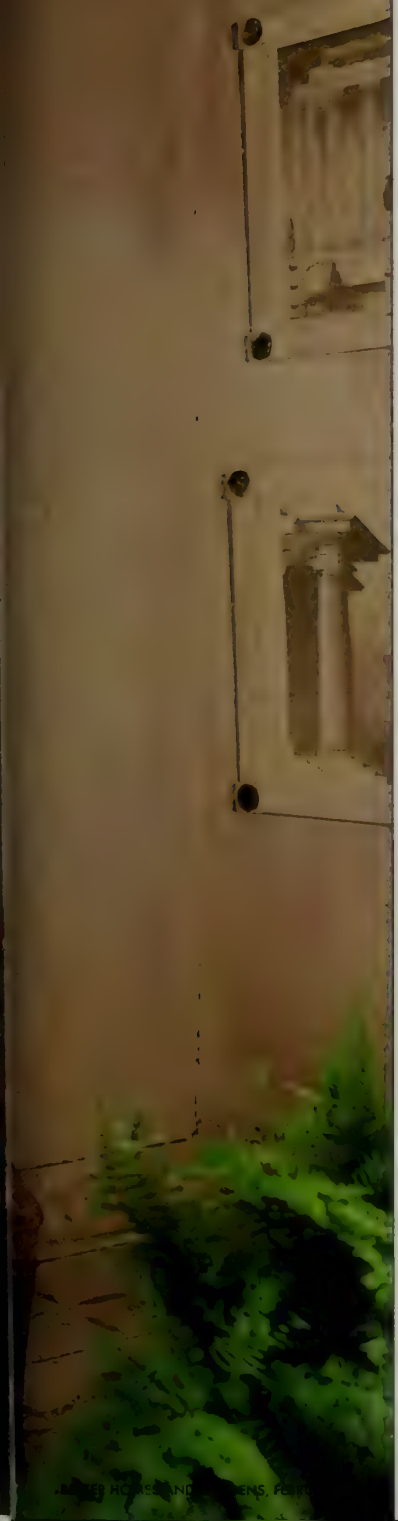


AMAZING

Lace

Even with minimal sewing prowess and odd-size windows, you can enjoy the simple pleasure of light dancing through lace-draped panes.

Dressing windows in lace couldn't be simpler. Hem lace yardage, such as this delicate Covington pattern, and stitch on rings to slide onto a decorative rod.



Mail-order, Rue de France curtains slip onto tension rods. Loop hankies over a rod for a quick topper.



WHERE TO FIND LACE

Graceful laces abound at fabric and specialty shops, and in mail-order catalogs. Here's where to find the laces we show in this story:

Covington Fabrics, Inc., 267 Fifth Avenue, New York, NY 10016; 212/689-2200.

Heritage Imports, Inc., P.O. Box 328, Pella, IA 50219; 515/628-4949.

Lace Country, 21 W. 38th Street, New York, NY 10018-5990; 212/221-6171.

Linen & Lace, Four Lafayette, Washington, MO 63090; 800/332-LACE (catalog $2).

Rue de France, 78 Thames Street, Newport, RI 02840; 800/777-0998 (catalog $3).

Vintage laces deserve your respect. Treat them right and they'll treat you to lasting beauty.

CARING FOR OLD LACE

Time has a way of yellowing lace. Brighten old finds with this method from Colorado lace expert Paula Gins:

Fill a sink basin with soft or distilled water.

Add two tablespoons of mild detergent and two tablespoons of safety bleach, such as BIZ.

Use a colander or netting to swish lace around in water. Lifting water-weighted lace directly can cause damage.

Run water over the lace until it rinses clean.

When thoroughly rinsed, add ¾ cup of white vinegar to the basin of water to remove stains.

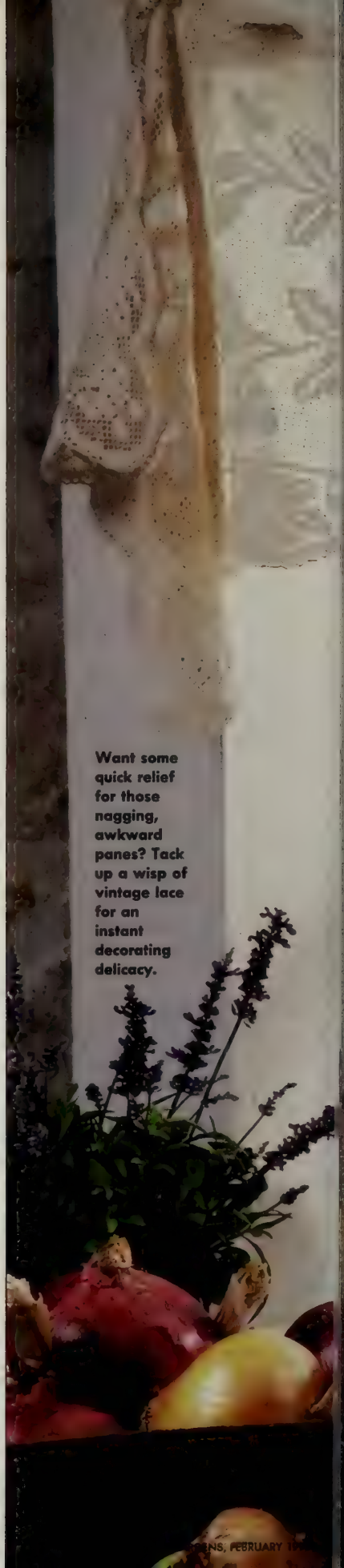
To dry, roll lace in a white towel to absorb moisture. Never wring or squeeze lace. Then lay it flat on a towel until dry.

Remove tough stains by soaking lace in sodium perborate, available at drugstores.

NEVER dry clean lace.

Pair refined lace with rustic shapes and textures for contrast as intriguing as heaven and earth.





Want some quick relief for those nagging, awkward panes? Tack up a wisp of vintage lace for an instant decorating delicacy.


AMAZING
Lace


AMAZING
Lace
SINGER
SINGER



A basket overflowing with new Heritage trims and a stenciled stool restage the charm of Grandma's sewing spot.



Adorn a plain table with a lacy, painted-on runner that will never slip-slide away.

Stencil with lace to preserve the fragile beauty of a finespun pattern.

STENCIL WITH LACE

For pattern as intricate as a cobweb, but with a lot more permanence, stencil with lace.

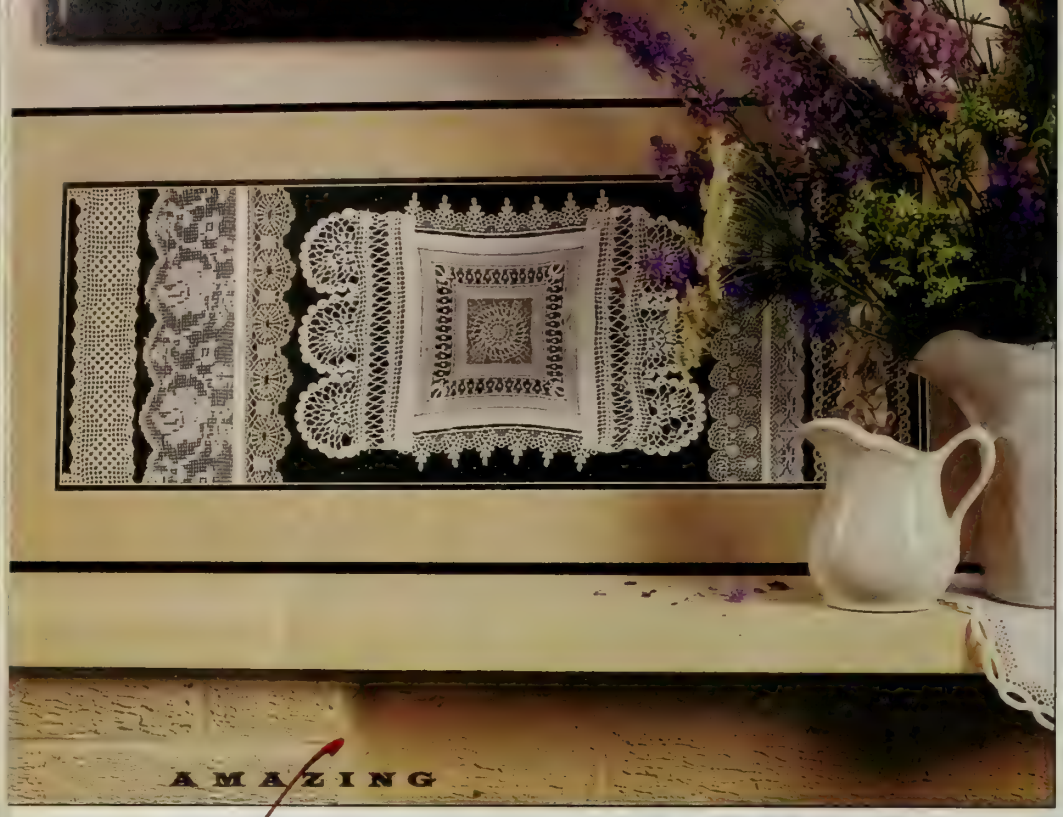
For the stenciled stool *(*left*) you'll need a stool with a white seat. Using five tabs of masking tape, fasten a double layer of round paper lace onto the center of the seat.*

With black acrylic paint and a small elephant ear sponge, dab paint over the doily's openings until the design is transferred to the seat. As you finish, carefully remove the masking tape and dab over its spaces. Remove the paper doily to reveal the lace design and paint the rest of the stool black.

For the stenciled table *(*above*) begin with a piece of wood-stained furniture and a heavy lace fabric runner. With a few tabs of masking tape, fasten the runner onto the tabletop.*

To create an edge to the stenciled runner and to block the remaining table surface from spray paint, tape an edge around the runner with masking tape. Positioning tabs of tape a half-inch away from the edge of the runner, create a parallel zigzag line around it. Then, tape butcher paper onto the tape line to cover the table.

With a spray can of fast-drying white enamel, paint evenly over the openings in the lace runner. Allow to dry before turning the table on its side to spray the front. Repeat for back.



AMAZING Lace

Framed bits of lace from Grandma's sewing box become a sampler of memories.

Let it peek from under a bed or a framed glass; there are countless ways to grace your home with lace.

LIVING WITH LACE

Sometimes just a pinch of lace is all you need to sweeten a spot in your home. Along with the ways with lace shown in these photographs, consider these almost-instant ideas:

Dress a plain pillow with a whisper of lace, using an inexpensive trim from the fabric store.

Wed an old lace collar or crocheted trim with a drapery tieback for a romantic pair. Tie the lace on first, then layer a tasseled cord over it.

Toss a sturdy linen and lace tablecloth as a slipcover over a tired wicker or upholstered chair to give it an instant but elegant lift.

Set a gracious table using place mats of lace doilies large enough to peek out from under your favorite dinnerware.

Turn a stack of old photo albums into a memorable accessory by tying them together with a lace ribbon. Tuck a dried flower under the bow for an extra measure of romance.

Loop a lace table runner over your four-poster's tester rail for a dreamy finishing touch.

Let a corner of lace peek out of your most rugged basket or twig wreath for a delightful surprise.

Top a comforter with a sturdy tablecloth of machine-made lace for a final filigree, like icing on the cake.

For a quick kitchen curtain, tack a lacy apron to a window, letting its ties gently tumble down either side.



Stitched onto a flat sheet, a ready-made valance from Lace Country quickly becomes a bed petticoat.

AMAZING

Lace



As inviting as a lamp in the window, a veil of lace warms your home from the outside, too. Order your size from Linen & Lace and this bow-split curtain is ready to hang on a tension rod.



Don't let old laces lie in a drawer, yellowing and forgotten. Let them come out and play a new role. Stitched together, a plain linen pillow becomes a showcase for the delicate pattern of a vintage doily. Sew other fragments to pillowcase edges, or even to plain white linen.



With fanciful, machine-cut paper laces, you can quickly transform plain shelves into a well-dressed stage, just as the pioneers did. Paper lace from Bell'occhio, 8 Brady St., San Francisco, CA 94103; 415-864-4048. BH&G



Accent your home with fond memories. Framed photographs add warmth to any room. Gold leaf picture frames by Cardinal are available in 3 x 5, 5 x 7 and 8 x10 inch sizes.

Essays On Style Fontana

Inspired by European antiques and American farmhouse treasures, Broyhill's Fontana Collection opens the door to a new experience. Because here you are allowed to express your tastes without hesitation. With Fontana, you have the freedom to write your personal essay on style.

To help you get started, Broyhill has assembled a selection of the most popular items from the Fontana collection along with coordinating upholstered furniture and accessories. These are featured with helpful decorating ideas that will show several ways to bring Fontana into your home's decor. And, for a limited time, all items featured are available at special "Smart Buys" prices.





Designs that evoke a relaxed, casual feeling have always been bedroom favorites. Fontana's classic lines and mellow finish create a peaceful backdrop that allows you to take your bedroom in many style directions. Battenburg lace, a layering of stripes and prints and a wreath of eucalyptus with dried flowers give this Broyhill bedroom a sophisticated country look. Featured above: Night Stand, Panel Bed and Door Chest. Shown at right: Landscape Mirror, Door Triple Dresser.

Smart Buys from Broyhill

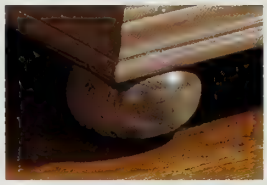


Essays On Style Fontana

Several stand alone pieces, ideal for that special nook or need, are included in the Fontana Collection from Broyhill. Interior lights, glass shelves and a mirrored back are a fitting tribute to your favorite collection, but this versatile Curio would be just as comfortable in the den as a trophy case. Or use two Curios, one on each side of a window, to add architectural interest. Shown at left: The Fontana Curio.



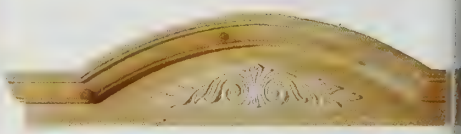
Faux marble inlay of server top lends practicality to this stylish piece. The blue and green pitcher and iced tea glasses by Tucan complement Fontana dining room pieces beautifully.



Detail of Bun Foot



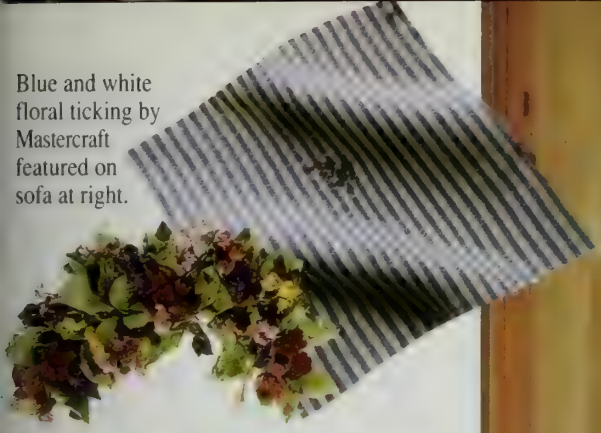
Fontana's elegant lines are carefully balanced with distinctive features. Finely crafted molding, beveled panels, carved overlays, and the bun feet are signature elements of this collection–elements that are uniquely Fontana.



Carving and Molding Detail

A farm-house dining room evokes images of hardwood floors, simply-covered windows and bouquets of freshly-cut flowers. Broyhill brings all the warmth and charm of this image to its Fontana dining room and betters it with the added luxury of modern day conveniences.

The server boasts an inlay that accommodates hot and cold items with ease. Interior lights and a mirrored back add drama to the classic design of the china. Featured in this Fontana Dining Room: Server, Farm Table (extends to 78"), China Deck and China Base, Ladder Back Side Chairs (2 shown), Ladder Back Arm Chairs (2 shown).



Blue and white floral ticking by Mastercraft featured on sofa at right.

Add instant charm to any room with this Floral Swag by Catherine Lillywhite.

The items in the Fontana Collection are finished by a method that includes distressing, glazing and hand rubbing. The result is a pleasing, fashionable light finish.

The premise of your own essay is defined. You want furniture that can bring something special to the way you live; that will be an investment you can enjoy for years to come. The obvious answer is Fontana by Broyhill.



Fontana's Door Entertainment Armoire offers pocket doors, pull-out swivel TV shelf and two shelves for VCR, video games or disc players. Bottom doors open to reveal a pull-out shelf and two adjustable shelves for storage of audio components as well as space for albums, cassettes and compact discs.



Non-traditional placement of sofas and chairs divide large open spaces into cozy sitting areas. This upholstered furniture by Broyhill is perfect for such an arrangement. For the above Living Room we used a Sofa, Lounge Chair with Matching Ottoman, Drawer Entertainment Armoire, Cocktail Table and Commode End Table.





When a room defies categorization yet has a cohesive look it is referred to as "eclectic." Fontana occasional pieces offer the perfect starting point for such a room. Start with a classic like the Secretary, add these Broyhill upholstered pieces with clean lines and a geometric pattern fabric. Light the room with these updated traditional lamps by Markel and create interest with your own collectibles and art.

Keeping everything in an earth-tone palette brings seemingly diverse objects and styles together beautifully. Components for our eclectic mix include Sofa, Lounge Chair, Commode End Table, Secretary, Ladder Back Side Chair, Square Cocktail, and Lamp by Markel.



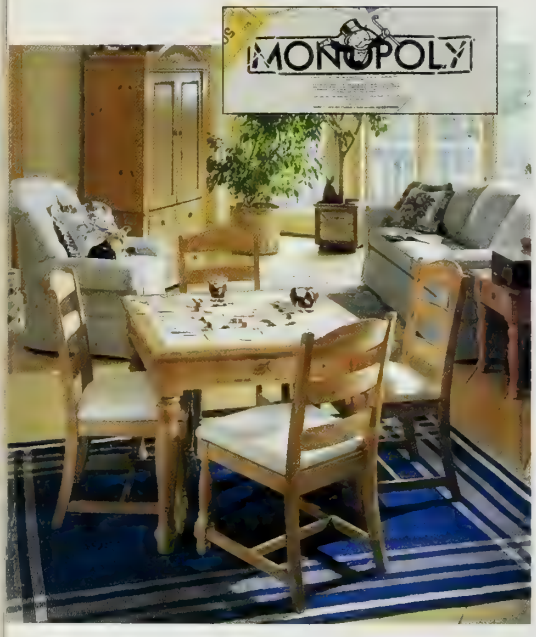
Broyhill's Adaptables® are designed to adapt to lifestyle needs, from master bedroom to home office to youth bedrooms. Shown above: Bachelor's Chest, Vertical Mirror, Single Dresser, Desk, Desk Chair, Hutch Bookcase, Five Drawer Chest, Panel Headboard and Night Stand.

Essays On Style

Fontana

Finally, Fontana is a place you have created for yourself, your family and friends, where life is relaxed and comfortable; inviting and purposeful. Yet the decor is exclusively yours. A perfect synthesis of antique charm and modern attitudes.

See what Fontana can bring to your life. Discover the depth of character in this unique collection by visiting your Broyhill dealer and begin to write your essay on style.



A winning combination – Fontana and the ageless game of Monopoly.® This unique game table is ideal for kids, cards or any fun gathering. The game board design is baked into the almond, inlaid tile surface (see detail), which makes clean-up a breeze. Includes game pieces that store conveniently in their own drawer. At left the Monopoly Tile-Top Party Table is shown with 4 Party Chairs.

Another versatile piece, the Sofa Table makes a dramatic statement in a foyer. Accompany with the Vertical Mirror to add depth to a small space. Or use alone behind a sofa and gain a perfect place for a reading lamp, a stack of books or sculpture. At right: Sofa Table with Vertical Mirror.



The Items On These Pages May Be Purchased At The Following Broyhill Dealers.

Smart Buys from Broyhill

CANADA, ALBERTA

Calgary	Penthouse Furniture

CANADA, BRITISH COLUMBIA

Richmond	Sandy's Furniture Ltd.

CANADA, MANITOBA

Winnipeg	Penthouse Furniture

CALIFORNIA

Anderson	Kuebler's
Arroyo Grande	Amador's Fine Furniture
Atwater	Passadoris Furniture Co.
Bellflower	Bellflower Furniture
Brea	May Company
Buena Park	HomeLife Furniture By Sears
	May Company
Canoga Park	May Company
	McMahans
Canyon Country	McMahans
Carlsbad	May Company
Cerritos	HomeLife Furniture By Sears
Chico	McMahans
Chula Vista	Arnold's Interiors
	Economy Furniture
Costa Mesa	HomeLife Furniture By Sears
	May Company
Crescent City	Kuebler's
Eagle Rock	May Company
El Cajon	HomeLife Furniture By Sears
Eureka	McMahans
Fontana	Joel Jones Furniture
Fresno	HomeLife Furniture By Sears
Hanford	Salmons Showcase Galleries
Hayward	Crossroads Furniture
La Jolla	May Company
Laguna Hills	HomeLife Furniture By Sears
Lakewood	May Company
Lancaster	McMahans
Long Beach	Jayson's Furniture Inc.
Los Angeles	May Company—All Locations
Marysville	Richardson
Mission Viejo	May Company
Montclair	Koopman Brothers Furniture
	May Company
Moreno Valley	HomeLife Furniture By Sears
National City	May Company
North Hollywood	May Company
Orange	HomeLife Furniture By Sears
Oxnard	May Company
Palm Desert	May Company
Pittsburg	Lanzafame Furniture
Rancho Cordova	Naturwood Furniture
Redding	McMahans
Redondo Beach	May Company
Riverside	May Company
Salinas	Packwoods Showcase Galleries
San Bernardino	HomeLife Furniture By Sears
	May Company
San Diego	Arnold's Interior— All Locations
	Contract Furniture Source
	May Company
San Marcos	Arnold's Interiors
San Mateo	House of Value
Santa Rosa	Furniture For You
Simi	McMahans
Temple City	The Country House
Thousand Oaks	May Company
Torrance	HomeLife Furniture By Sear
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Manufacturer's suggested "Smart Buys" prices effec through 2/29/92. Prices may vary at individual deal All items may not be available at all locations. Furni items may be special ordered.

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HOME STYLE

WHAT'S

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IN '92

HUMOR

The friendliest rooms are those that don't take themselves too seriously. Lighten up your own dining with the sparkling wit of artist Ken Done's tropics-inspired crystal. Suggested retail: $52 to $72 a stem. *Kosta Boda, 140 Bradford Dr., Berlin, NJ 08009.*



Today, as at last century's turning, we're discovering the humble, handcrafted beauty of our own Arts and Crafts style. Suggested retail: $1,145. *The Lane Co., P.O. Box 151, Altavista, VA 24517.*

AMERICAN ROOTS



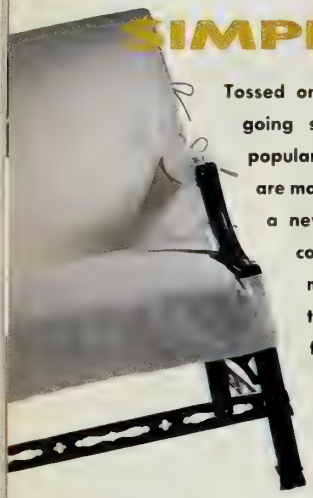
RUGGED STYLE

Call it the lodge look or the latest frontier, rooms rooted in the rugged spirit of the prairies and plains are design's latest country cousin. Bold blanket patterns, as on this rowdy chair, typify the style. Suggested retail: $1,157. *Lexington Furniture, Box 1008, Lexington, NC 27293; 800/544-4694.*

HOME STYLE



SIMPLICITY



Tossed on and tied up, easy-going slipcovers that were popular in the 1930s and 40s are making a comeback. Buy a new seating piece that comes with a ready-made slipcover like this, or sew your own for summer-house ease in an instant. Suggested retail: $1,900. ***Henredon, Box 110, High Point, NC 27261.***

BOLD COLOR

Today's more confident home decorators bravely douse their rooms with color. Not ready to fire up your walls with bright paint? Add some sparks with toss pillows. Suggested retail: 18-inch, $40. ***Marimekko, 37 W. 57th St., New York, NY 10019; 800/962-7063.***

INDIVIDUALITY

No longer interested in decorating to impress the neighbors, we're expressing ourselves, and loving it! Add your personal stamp by bravely mixing styles, patterns, or wood finishes, or by inviting in a few personality-packed pieces. As an unexpected accessory, this floor clock is a real bell ringer. Retail: $350. ***Pier 1 Imports, Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.***



PHOTOGRAPHS: PERRY STRUSE

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This home was chosen to introduce American-style precrafted housing to the rest of the world. Dubbed the American Spirit house, it is traveling to Seville, Spain, where it will be displayed in the U.S. pavilion at Expo '92 (see details on page 96).



Doric columns and an arched clerestory lend traditional grace to the front entry. A broad band of windows provides a lateral counterpoint.



Marble facing, fluted edges, and curved brackets add subtle richness to the fireplace in the living room.



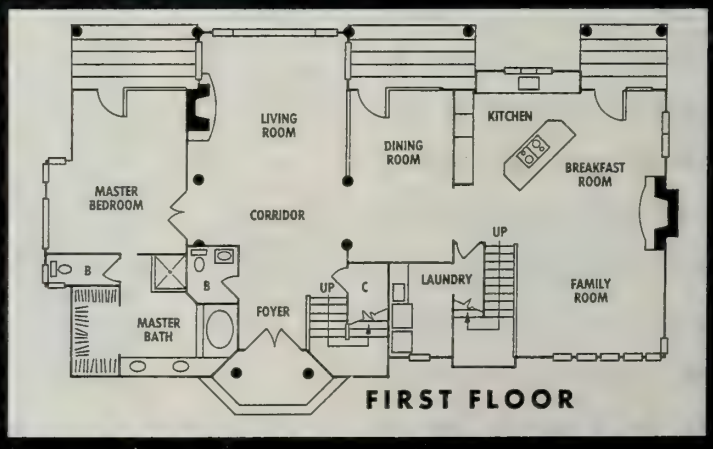
Factory-built structural components allow a spatial drama inside that begins right at the front door.

Its classic style arrives by truck from the factory



The American Spirit house was built in Vermont by Amos Winter Homes and the American Plywood Association to showcase the use of structural wood components. Its design recalls the architectural charms of a turn-of-the-century summer house or a New England meeting hall—refreshingly spare and spacious, yet attuned to the elegance of the past.

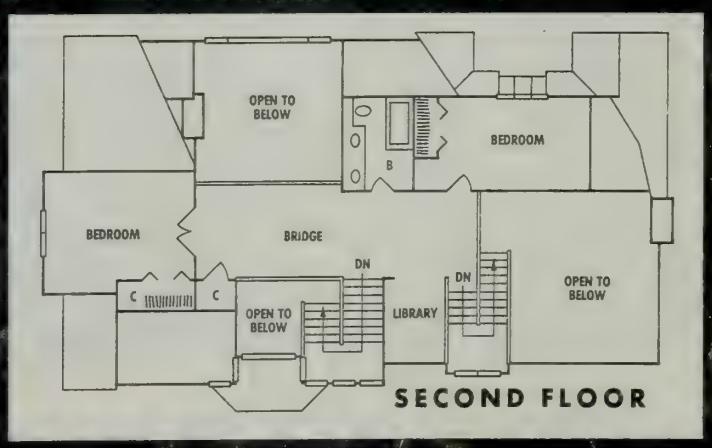
Doric columns and tall arched windows lend neoclassic symmetry inside and out. The windows are flanked by smaller openings



a NEW home



that form broad bands across the front and rear. New wrinkles in wood construction allow a spatial drama inside that yesteryear's builders could only dream about. The drama climaxes in the living room, which owes its high-flung spaciousness to glue-laminated beams and structural panels in the vaulted ceiling. The beams are stronger than comparable-size timbers, and the panels are stronger than conventional wall and roof sheathing. Result: fewer "bones" and more stretch.



a NEW home



A half wall and a column help keep the dining room light and airy. Through the cutout, diners can enjoy high-rise views captured by the window wall beyond.

Amid sunny, soaring spaces, vintage detail



A long bridge "floats" beneath the beamed, vaulted ceiling between the foyer and living room.

Like the house itself, the interior design bridges the gap between old and new. Each room features a mix of vintage-style furnishings from Thomasville Furniture Industries. While nodding to the home's historical roots and modern airiness, the design scheme uses vintage pieces in a spare, modern way. In the main rooms, the furniture's shapely lines and richly grained surfaces complement tapered columns, symmetrical fireplaces, and a Palladian-style window wall.

Vintage-style furnishings cluster casually near the fireplace in the living room, softening the architecture's simple planes and formal symmetry.





elebrate the past

Freewheeling spaces deliver ample room fo

Letting space flow freely breathes new spirit into the time-honored tradition of family gatherings. In our American Spirit house, the kitchen, breakfast area, and family room share one large space where the whole family can carry on several activities at once. Sliding glass doors open to the rear deck, and giant-size windows over the sink deliver sunshine all day long. Over the sitting area the ceiling vaults to the roof, boosting the room's crowd appeal where it's needed most—in front of the fireplace and the TV.

A large island angles across the L-shaped kitchen toward the breakfast area. Its laminate countertop cantilevers on one side, doubling as a roomy buffet server for family meals or TV snacks.



Thanks to big windows at tableside, family meals in the breakfast area include simple pleasures like warm sun on gleaming wood and sweeping vistas of lawn and trees.

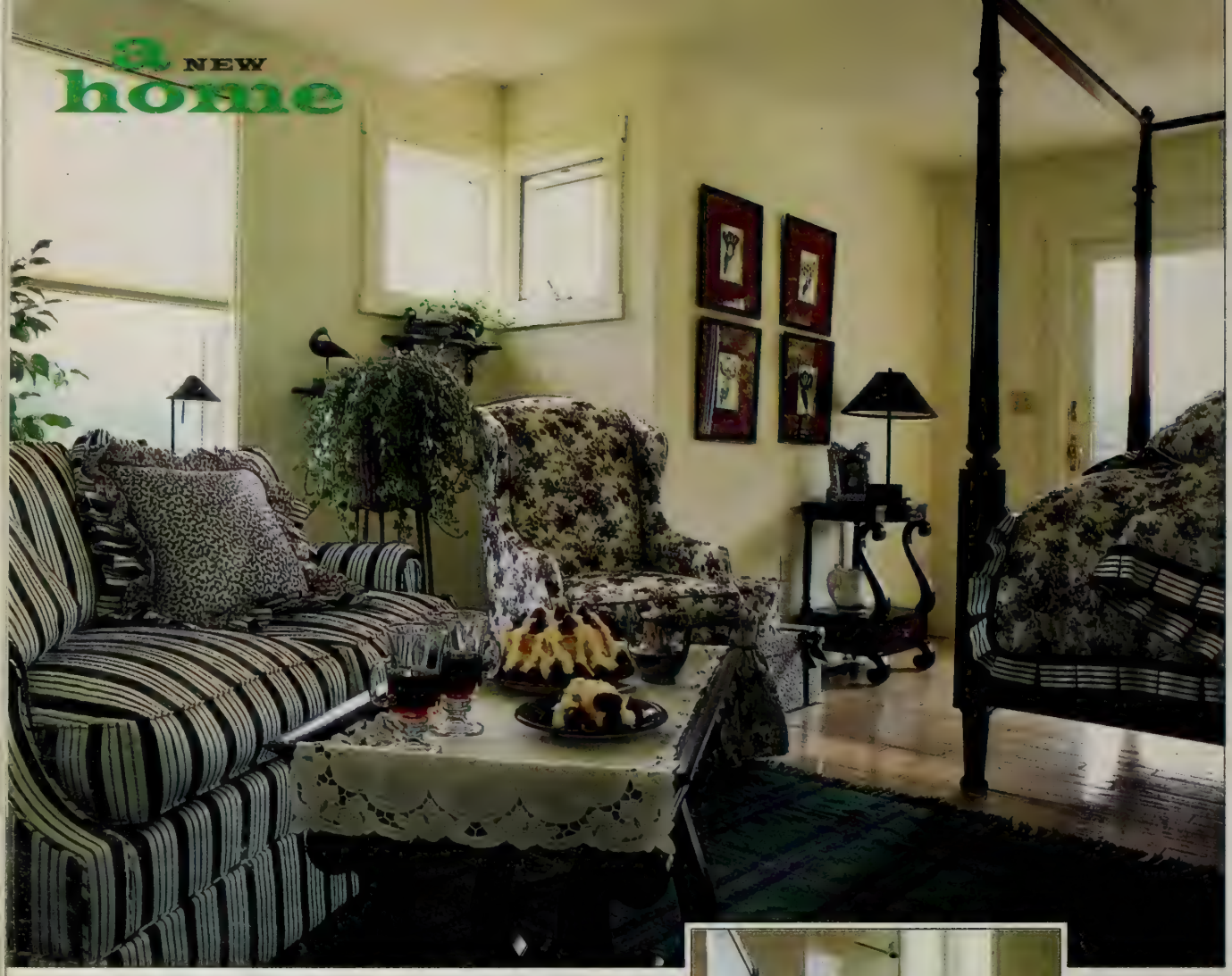


Built-in appliances and cupboards wrap around the island. Paneled fronts and faux-marble laminate add period-style elegance.

family gatherings



A chunky plaid sofa and plump wing chair nestle near the stairs in the family room. The painted sisal rug recalls floorcloths in colonial rooms.



In the clean, clear light of the American landscape, period styles from the Old World look more at home when pared back and simplified. Spareness sets the scene throughout the house but works especially well in the master suite, where pale walls become a flattering foil for the striped love seat and tapered four-poster. The bed frame's airy geometry echoes that of the windowed bay beyond. A door near the bed opens to the deck, which spans the rear of the house outside the main rooms.

In the bathroom, angled corners frame the tub alcove. Rhythmic bands of white and teal enliven the tiled walls; a teal stripe repeats the angles underfoot.

continued on page 96



Thanks to ample walk-in closets, space normally used for storage can host a seating piece, instead. Angled, the grouping guides traffic around the bed.

High windows feed light into the master bath; angled corners merge the tub and shower alcoves.



A sleigh bed lends character to a kid's room. Scotchgard-treated fabric in snappy stripes keeps things lively yet care-free.

INTRODUCING

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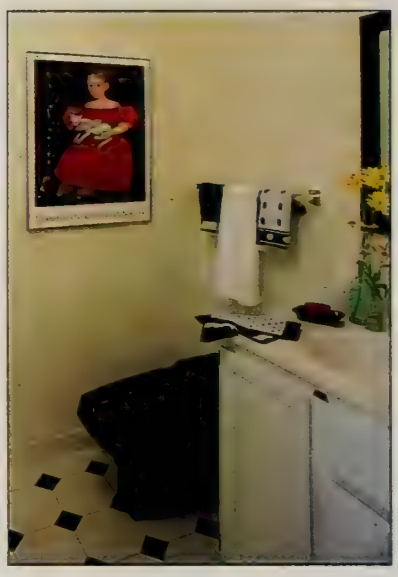
a NEW home

continued from page 94

A second staircase links the family room with the children's bedrooms on the upper level. At the top of the stairs, the landing widens to form a study/work area where the family can do homework or set up a home-based business. Open railings and a vaulted ceiling let the work area overlook the family room below.

The family bath (*far right*) is just across the landing near one of the bedrooms. It includes twin lavatories, a spacious built-in vanity, and a whirlpool tub. A skylight in the vaulted ceiling pulls in the sun. A half-bath (*right*) near the foyer saves steps for family and guests downstairs.

The home's electronic gear includes a central control system that regulates heating, cooling, and security. The system also delivers intercom, telephone, stereo, and closed-circuit TV links to every room in the house.





The control system teams up with the home's structural panels to cut back on utility costs and provide year-round comfort. The cores of the panels are high-density foam insulation that has been bonded directly to the panels' oriented-strand-board skins. This means that there are no voids for outside air to leak into the house through the walls. The panels offer other benefits as well. They save on-site labor costs and costly weather delays, and they form a structural system that's sturdier and tighter than conventional stud-frame construction. The panels are more uniform and stable than dimension lumber, and there are fewer joints when they're formed into wall and roof planes.

In art, taste is subjective.



PROJECT PARTICIPANTS

Windows: *ANDERSEN WINDOWS*
Doors: *JELD-WEN*
Furniture and accessories: *THOMASVILLE FURNITURE INDUSTRIES, INC.*
Stucco siding: *WEATHERALL COMPANY*
Electronic home management system: *ELAN/SQUARE D*
Plumbing fixtures, fittings, and accessories: *AMERICAN STANDARD*
Plumbing supply lines: *VANGUARD PLASTICS*
Wallboard: *HIGHLAND AMERICAN*
Countertops: *WILSONART*
Ceramic tile, vinyl, and hardwood flooring: *MANNINGTON*
Deck materials: *SHELLROCK INDUSTRIES*
Appliances: *WHIRLPOOL ITALIA*
Hot-tub spa: *WATKINS MANUFACTURING*
Bedding fabrication: *3M SCOTCHGARD FABRIC PROTECTOR*
Home entertainment gear: *RCA*
Window blinds: *HUNTER DOUGLAS DUETTE WINDOW FASHIONS*

VISIT THE AMERICAN SPIRIT HOUSE IN SEVILLE

If you're planning to attend the 1992 World Expo in Seville, Spain, be sure to visit the U.S. Pavilion and tour The American Spirit house in person. It is being shipped to Seville and reconstructed at the Expo by the American Plywood Association to spotlight the latest design and technology in American single-family homes. While you line up for the tour, the house will talk to you via television monitors about the features that set it apart from conventional counterparts in Europe and America. Besides showcasing American-style spaciousness, electronic gadgetry, and other amenities, the exhibit will celebrate American ingenuity by focusing on revolutionary ways to build homes better and quicker with factory-crafted wood components.

The Expo opens April 20, 1992, and runs through October 12th, 1992 (Columbus Day), coinciding with the 500th anniversary of Columbus' voyage to the New World. Exhibits from 110 countries will illustrate the Expo's theme, "The Age of Discoveries."

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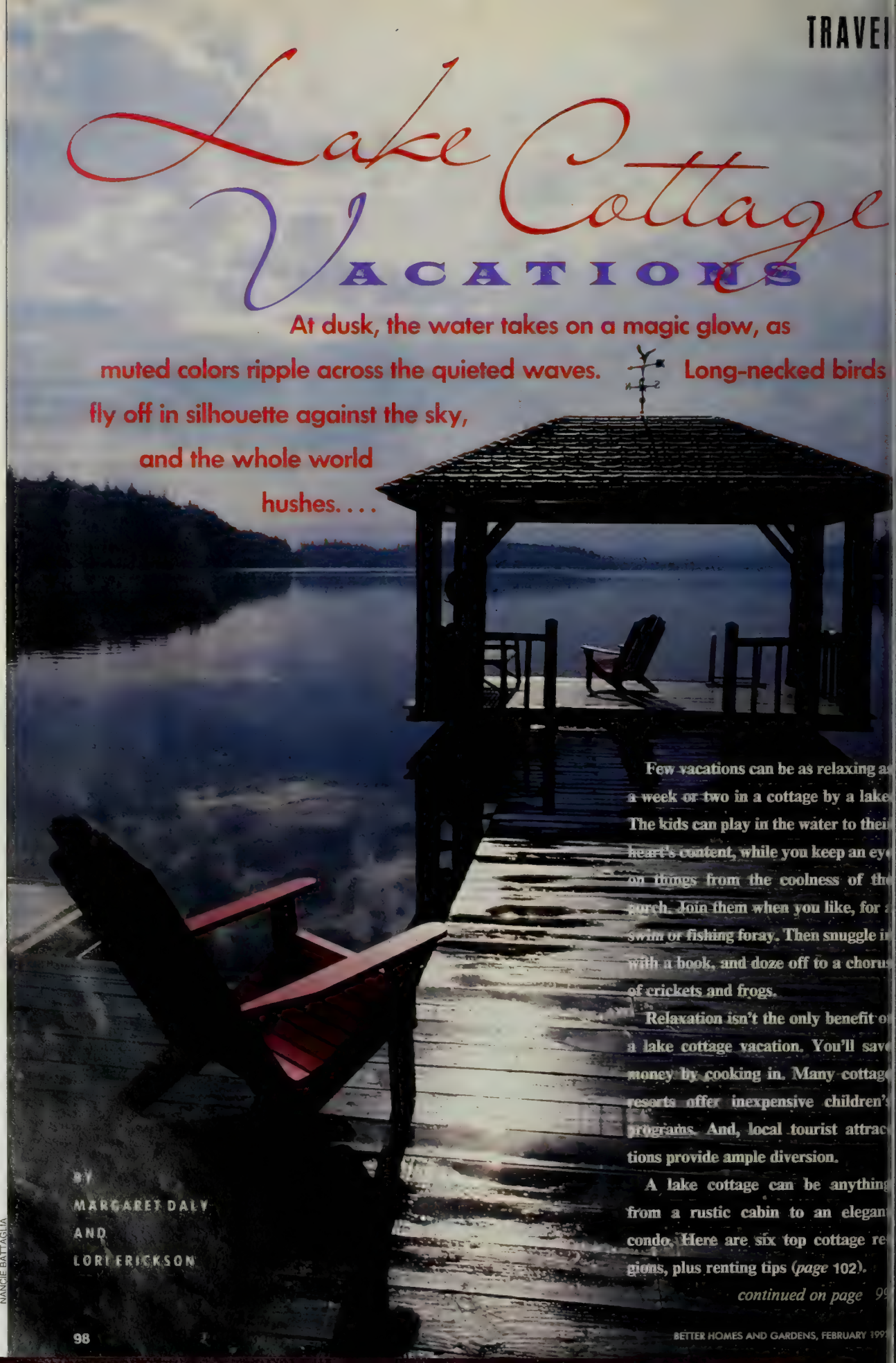
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Lake Cottage Vacations

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Few vacations can be as relaxing as a week or two in a cottage by a lake. The kids can play in the water to their heart's content, while you keep an eye on things from the coolness of the porch. Join them when you like, for a swim or fishing foray. Then snuggle in with a book, and doze off to a chorus of crickets and frogs.

Relaxation isn't the only benefit of a lake cottage vacation. You'll save money by cooking in. Many cottage resorts offer inexpensive children's programs. And, local tourist attractions provide ample diversion.

A lake cottage can be anything from a rustic cabin to an elegant condo. Here are six top cottage regions, plus renting tips (*page* 102).

continued on page 99

BY MARGARET DALY AND LORI ERICKSON

NANCIE BATTAGLIA

CHOCOLATE CHEESECAKE PIE

(Makes one 9-inch pie)

1½ cups vanilla wafer crumbs (about 36 wafers)
⅓ cup confectioners' sugar
⅓ cup Hershey's Cocoa
⅓ cup margarine or butter, melted
1 (8-ounce) package cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
1 cup (6 ounces) Hershey's Semi-Sweet Chocolate Chips, melted
2 eggs
1½ teaspoons vanilla extract

Preheat oven to 350°. Combine crumbs, sugar, cocoa and margarine; press firmly on bottom and up side to rim of 9-inch pie plate. In mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk then melted chocolate chips. Add eggs and vanilla; mix well. Pour into prepared crust. Bake 30 to 35 minutes or until center is set. Cool. Chill thoroughly. Garnish as desired. Refrigerate leftovers.



BANANA CREAM PIE

(Makes one 9-inch pie)

1 (9-inch) baked pastry shell
3 tablespoons cornstarch
1⅔ cups water
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
3 egg yolks, beaten
2 tablespoons margarine or butter
1 teaspoon vanilla extract
3 medium bananas
ReaLemon® Lemon Juice from Concentrate
Whipped cream

In heavy saucepan, dissolve cornstarch in water; stir in sweetened condensed milk and egg yolks. Cook and stir until thickened and bubbly. Remove from heat; add margarine and vanilla. Cool slightly. Slice *2 bananas*; dip in ReaLemon® brand and drain. Arrange on bottom of prepared crust. Pour filling over bananas; cover. Chill 4 hours or until set. Spread top with whipped cream. Slice remaining banana; dip in ReaLemon® brand, drain and garnish top of pie. Refrigerate leftovers.



COCONUT CUSTARD PIE

(Makes one 9-inch pie)

1 (9-inch) unbaked pastry shell
1 cup flaked coconut
3 eggs
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
1¼ cups hot water
1 teaspoon vanilla extract
¼ teaspoon salt
⅛ teaspoon ground nutmeg

Preheat oven to 425°. Toast *½ cup* coconut; set aside. Bake pastry shell 8 minutes; cool slightly. Meanwhile, in medium bowl, beat eggs. Add sweetened condensed milk, water, vanilla, salt and nutmeg; mix well. Stir in remaining *½ cup* coconut. Pour into prepared pastry shell. Sprinkle with toasted coconut. Bake 10 minutes. Reduce oven temperature to 350°; bake 25 to 30 minutes longer or until knife inserted near center comes out clean. Cool. Chill if desired. Refrigerate leftovers.

Custard Pie: Omit coconut. Proceed as above.



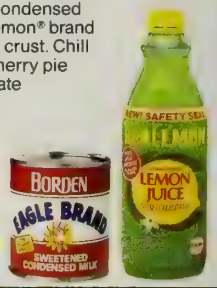


CHERRY CHEESE PIE

(Makes one 9-inch pie)

- **1 (9-inch) graham cracker crumb crust *or* baked pastry shell**
- **1 (8-ounce) package cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **⅓ cup ReaLemon® Lemon Juice from Concentrate**
- **1 teaspoon vanilla extract**
- **1 (21-ounce) can cherry pie filling, chilled**

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with cherry pie filling before serving. Refrigerate leftovers.





KEY LIME PIE

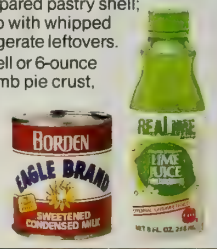
(Makes one 9- or 10-inch pie)

- **1 (9- or 10-inch) baked pastry shell *or* graham cracker crumb crust***
- **6 egg yolks****
- **2 (14-ounce) cans Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 (8-ounce) bottle ReaLime® Lime Juice from Concentrate**
- **Yellow or green food coloring, optional**
- **Whipped cream or whipped topping**

Preheat oven to 325°. In large mixer bowl, beat egg yolks with sweetened condensed milk, ReaLime® brand and food coloring if desired. Pour into prepared pastry shell; bake 40 minutes. Cool. Chill. Top with whipped cream. Garnish as desired. Refrigerate leftovers.

*If using frozen packaged pie shell or 6-ounce packaged graham cracker crumb pie crust, use 1 can Eagle® Brand Sweetened Condensed Milk, 3 egg yolks and ½ cup ReaLime® brand. Bake 30 minutes. Proceed as above.

**Use only Grade A clean, uncracked eggs.





FUDGE BROWNIE PIE

(Makes one 9-inch pie)

- **1 (9-inch) unbaked pastry shell**
- **1 cup (6 ounces) Hershey's Semi-Sweet Chocolate Chips**
- **¼ cup margarine or butter**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **½ cup biscuit baking mix**
- **2 eggs**
- **1 teaspoon vanilla extract**
- **1 cup chopped nuts**

Preheat oven to 375°. Bake pastry shell 10 minutes; remove from oven. Reduce oven temperature to 325°. In saucepan, over low heat, melt chips with margarine. In large mixer bowl, beat chocolate mixture with remaining ingredients except nuts until smooth. Add nuts. Pour into prepared pastry shell. Bake 35 to 45 minutes or until center is set. Cool. Serve warm or at room temperature with ice cream if desired.



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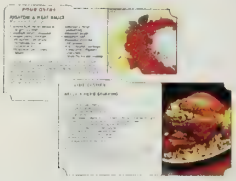
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Lake Cottage Vacations

continued from page 98

SOMETHING FOR EVERYONE

The Lakes Region, New Hampshire

The Indians named the big lake Winnipesaukee, which some say means "Smile of the Great Spirit." It's a fitting translation for this centerpiece of New Hampshire's popular Lakes Region, 95 miles north of Boston on I-93. The big lake runs some 28 miles long and 13 miles wide. But with 273 lakes and ponds altogether and a gentle mountain backdrop, the whole region provides a wide variety of activities.

Landlocked salmon, bass, and trout keep anglers hooked. All sorts of boats share the ample waters and many island channels. There is hiking in the surrounding mountains and lots of arts and crafts.

Most towns provide public beaches, boat launches, and watercraft rentals. Weirs Beach is a lively, boardwalked playground, day and night. Wolfeboro captures a classic New England tone. Meredith offers a mix of activities. Squam Lake—the site of the movie *On Golden Pond*—is more secluded. (Lake tours pass by the setting.)



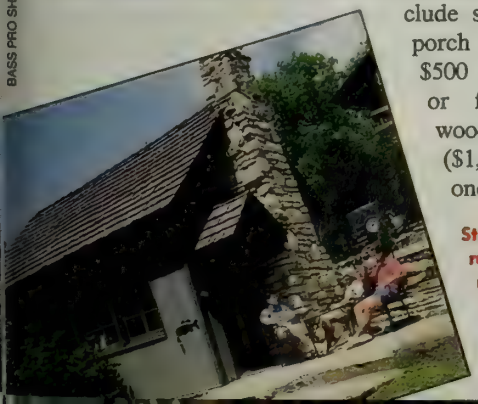
CAROLYN L. BATES

Standard fare on Lake Champlain: Sailboats and spectacular sunsets behind the magnificent Adirondack Mountains.

Other pleasures. Get a scenic overview of Lake Winnipesaukee on tours aboard the M/S Mount Washington and other boats. For a shoreline view, take the railroad run out of Weirs Beach, where Surf Coaster is the region's largest water park. A giant water slide and Funspot (games galore) are nearby. Drive to Castle in the Clouds in the mountains for a spectacular vista and horseback riding.

Cottage rentals. Book early; the region is popular. Also consider lakes other than Winnipesaukee. Choices include small, screened-porch cabins (about $500 a week); simple or fancy digs in wooded solitude ($1,000 or more); one- to four-bedroom resort cottages (averaging $1,400); and exclusive cottage groupings with private beaches (about $700).

Information. *The Lakes Region Assoc., Dept. BHG, P.O. Box 1545, Center Harbor, NH 03226-1545; 603/253-8555.* **The New Hampshire Guidebook,** *800/944-1117.*



BASS PRO SHOP/BIG CEDAR LODGE

Stone fireplaces and rustic settings suit many vacationing families.

BETWEEN TWO MOUNTAIN CHAINS

Lake Champlain, Vermont

Legend has it that French explorer Samuel de Champlain spotted a wondrous sea monster as he first paddled the pristine waters of Lake Champlain, in 1609. Many of today's residents swear they've seen "Champ" too, popping its head up from time to time. No doubt the monster wants to enjoy the beautiful shores all along this 108-mile waterway between Vermont's Green Mountains and New York's Adirondacks range.

Burlington, Vermont, is an upbeat community bustling with waterfront and other tourist attractions and barely 10 minutes away from the mountains. One good cottage area lies about 30 miles north of town, on the Champlain Islands; weekly rentals range from $500 to $1,000 or so.

Other pleasures. Enjoy the lake on one of three regular ferry crossings, or tour aboard the stern-wheeler, *Spirit of Ethan Allen.* Visit the Shelburne Museum, one of the nation's truly extraordinary museums of American folk art, and historical buildings. Stroll the pathways of the Vermont Wildflower Farm, with six acres of labeled blooms, and buy local cheese at the 19th-century Shelburne Farms.

Stores and eateries abound in the cobblestoned Church Street Marketplace in town. Enjoy the views and shopping at the refurbished Champlain Mill on the Winooski River, and get free samples at Ben and Jerry's factory tour.

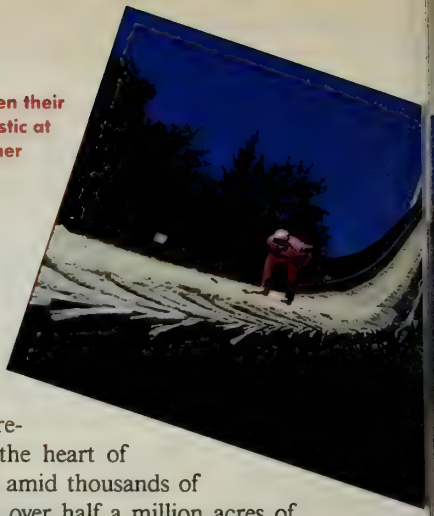
Cottage rentals. The Champlain Islands are sleepy, farmland country, with plenty of privacy along the lake's mildly rocky shores. There are three state-park beaches, boat-rental operations, easy cycling terrain, and pleasant church socials and other local events. For city life, Burlington is 30 miles south, Montreal, Canada, 80 miles north.

Information. *Lake Champlain Regional Chamber of Commerce, Dept. BHG, 209 Battery St., Burlington, VT 05401; 802/863-3489. Island Property Management, Dept. BHG, R.R.1, Box 556A, South Hero, VT 05486; 802/372-5436. "Four Season Vacation Rentals 1992," Vermont Travel Division, Dept. BHG, 134 State St., Montpelier, VT 05602; 802/828-3236.*

continued on page 100

Lake Cottage Vacations

continued from page 99



Olympic hopefuls sharpen their ski-jumping skills on plastic at Lake Placid during summer training sessions.

NANCIE BATTAGLIA

OLYMPICS IN THE ADIRONDACKS

Lake Placid, New York

You'll think you've discovered an Alpine village just five-and-one-half hours north of New York City when you arrive in Lake Placid, at the heart of the Adirondack Mountains. Brightly colored flags lend an international air to the main street, as a kayaker paddles silently by on 3-mile-round Mirror Lake (no motors allowed, but you can rent paddle boats). A short walk away, dense woods protect the privacy of cottages on the shores of Lake Placid Lake.

Throughout the area, the Adirondacks' forests, lakes, and streams create a wondrous wilderness for hikers and bikers, trout anglers, and boaters of varying skills. Antiques and crafts lovers will find plenty to browse; don't miss the world renowned Adirondack Museum, in Blue Mountain Lake.

Other pleasures. Flanked by several peaks, Whiteface Mountain caps the horizon 10 miles away, where world-class skiers schussed for the gold in the 1980 Winter Olympics. Recapture some of the spirit by driving up (weather permitting), then taking an elevator for the pinnacle view. For a different perspective, ride the chair lift. Also visit Santa's North Pole workshop in the same area.

Another breathtaking glimpse of Olympian challenge comes at the tops of the 90- and 70-meter ski jumps near Lake Placid. Watch young hopefuls practice on plastic-covered ramps at the Kodak Sports Park. Then visit John Brown's 1850s farm, now a museum, where his bones lie amouldering along with others who took part in his ill-fated raid at Harper's Ferry.

Cottage rentals. Lake cottages—often summer houses—can cost $1,500 a week or more and are booked early. Ask about less expensive cottages near Mirror Lake and Lake Placid Lake instead; you're not far from town, and a handy trolley system helps visitors get around.

Also try other mountain towns, like Schroon, Saranac, Brant, and Silver Lakes, which are within a half-hour or an hour's drive from Lake Placid. Prices run from $400 up, depending on location, size, and amenities.

Information. *Pete Wilson, Lake Placid Commerce and Visitors Bureau, Dept. BHG, Olympic Center, Lake Placid, NY 12946; 518/523-2445, 800/447-5224.*



NORVIA BEHLING

Water sports aren't the only pleasures on lake cottage vacations. Walks in the woods bring quiet companionship, too.

DEEP-FOREST LAKES

Minocqua and Eagle River, Wisconsin

Two lake cottage resort areas thrive in the heart of northeast Wisconsin, amid thousands of lakes and ponds and over half a million acres of dense forest, much of it federal and state land. The town of Minocqua, some 200 miles straight north of Madison on Highway 51, straddles an island at the center of five interconnected lakes. Eagle River, 30 miles east, borders a chain of 28 lakes with more than 130 miles of shoreline. Between the two, some 400 resorts—most of them small, family-run enterprises—offer ample access to this northwoods water playground. Two-bedroom cottages average between $300 and $500 a week; larger accommodations cost more.

The lakes are a prime habitat for walleye, northern pike, bass, and muskellunge. Many resorts include the use of a boat with their cottages, and motors rent for about $80 a week. Anglers looking to increase their luck can hire a fishing guide for between $125 and $175 a day.

Other pleasures. Even when the fish aren't biting, the lakes offer fine swimming, waterskiing, and sailing. Gift shops line the main streets, and restaurants serve such traditional north-woods fare as fresh fish, wild blueberries, and local cranberries.

For off-water entertainment, try Sheer's Lumberjack Shows, the Northern Lights Playhouse, Jim Peck's Wildwood (a wildlife park), and the Bearskin Trail for cyclers.

Cottage rentals. One of the area's larger resorts with cottages is the Chanticleer Inn, near Eagle River. Guests may use the tennis courts, restaurant, and lounge. Three-bedroom cottages: $600 to $840 per week (*800/752-9193*). Fence Lake Lodge Resort, near Minocqua, offers a variety of cottages plus a fine restaurant. Weekly rentals, from $330 to $750, 14-foot boat included (*715/588-3255*).

Information. *Greater Minocqua Chamber, Dept. BHG, P.O. Box 1006, Minocqua, WI 54548; 800/44-NORTH. Eagle River Chamber/Information Bureau, Dept. BHG, P.O. Box 218, Eagle River, WI 54521; 800/359-6315.*

continued on page 102

Ford introduces what you've always wanted: A living room with an air bag.



The interior could be in a luxury sedan. *If* sedans were this spacious.

But, all the comfort of a living room is indeed in a minivan. Aerostar. The "king of capability." Now, the one that can tow a 2-ton boat can spoil you with roominess and style.



All-New Instrument Panel With Column-Mounted Shift

You'll find uncommonly comfortable seats with available leather seating surfaces. The newly designed instrument panel makes everything easy to read and reach.

The ride is as smooth as ever. The available 4WD system, one of the most advanced in its class.

But comfort and capability are only part of the good news.

A new driver air bag supplements your safety belt. And, all outer seats now have new 3-point safety belts.

Rear anti-lock brakes are standard.



New Driver Air Bag†

Ford's practical minivan just became everything you've always wanted.

†Air bag effectiveness depends on wearing your safety belt, so always buckle up.



Ford

Have you driven a Ford... lately?

Lake Cottage Vacations

continued from page 100

INTO THE WILDERNESS

Voyageurs National Park, Minnesota

Along Minnesota's Canadian border lies a pristine network of waterways and heavily wooded islands, where French-Canadian canoeists once moved pelts and trade goods.

Still home to wolves, moose, black bear, beaver, otter, bald eagles, loons, ospreys, and great blue herons, the 219,000-acre wilderness has changed little since. Fishing is bountiful for walleye, northern pike, and smallmouth bass. Water temperatures stay reasonably warm for swimming in summer.

You'll need a boat, but most of the area's 60-plus resorts offer rentals (about $200 a week with motor). Get navigational charts from the park's visitors centers.

Other pleasures. Take your boat to explore the tiny settlement of Kettle Falls, once a crossroads for the lumber and commercial fish trades. Park naturalist-guided tours include canoe voyages, nature hikes, boat cruises, star gazing, and visits to beaver ponds. Hiking trails abound.

Cottage rentals. Resort cottages average from $300 to $400 a week for a family of four. Many resorts have their own restaurants, with special rates for guests. Arrowhead Lodge, once a lumber camp, offers cabins and a main lodge, plus children's programs in summer. One- to four-bedroom cottages: $325 to $695 a week, boat included (*218/875-2141*). For a more luxurious vacation, try Nelson's Resort, $60 to $88 a day per person, kids less (*218/993-2295*).

Information. *The Minnesota Office of Tourism, 250 Skyway Level, Dept. BHG, 375 Jackson St., St. Paul, MN 55101-1810; 800/657-3700. Voyageurs National Park, Box 50, Dept. BHG, International Falls, MN 56649; 218/283-9821.*



MATT BRADLEY/SILVER DOLLAR CITY

Toe-tapping tunes, a re-created Ozark mountain village, kids' rides, and other attractions keep families entertained at Silver Dollar City.

HILLSIDE LAKES AND COUNTRY TUNES

Branson, Missouri

Spice up your favorite water sports with a taste of Ozark hospitality at Branson, Missouri, just north of Arkansas. In a cozy setting of thickly wooded hills, the town anchors a booming resort community developed around three large lakes: Table Rock, Taneycomo, and Bull Shoals.

A hundred or so small resorts provide access to the lakes, with great trout, bluegill, catfish, and crappie fishing, plus swimming, waterskiing, scuba diving, and sailing. Cottages for four average $400 to $500 a week; larger units may run $1,000 or more.

Other pleasures. Country music is the major attraction in Branson, nicknamed "Little Nashville." Its two dozen music theaters include ones owned by Roy Clark, Moe Bandy, and Christy Lane. Other stars schedule frequent appearances, too. (Traffic can be heavy; get free, alternate-route maps from the Chamber of Commerce.)

The Shepherd of the Hills Homestead and Outdoor Theatre dramatizes life in the Ozarks some 90 years ago. Silver Dollar City re-creates a mountain village, where artisans practice traditional crafts. Live music shows, children's rides, and a cave tour round out a day at the theme park.

Cottage rentals. Big Cedar Lodge, the area's premiere resort, includes private cabins, two lodges, tennis, golf, horseback riding, and other outdoor activities in a serene, rural setting. Cabins range from $89 to $449 a night (*417/338-8210*). Still Waters Resort offers cabins and condo-style suites, plus boat and ski rentals, a pool, a hot tub, and a swimming beach. One- to three-bedroom cabins cost $59 to $149 per night (*417/338-2323*).

Information. *The Branson/Lakes Area Chamber of Commerce, P.O. Box 220, Dept. BHG, Branson, MO 65616; 417/334-4136. Table Rock Lake/Kimberling City Area Chamber, P.O. Box 495-91, Dept. BHG, Kimberling City, MO 65686; 417/739-2564.*

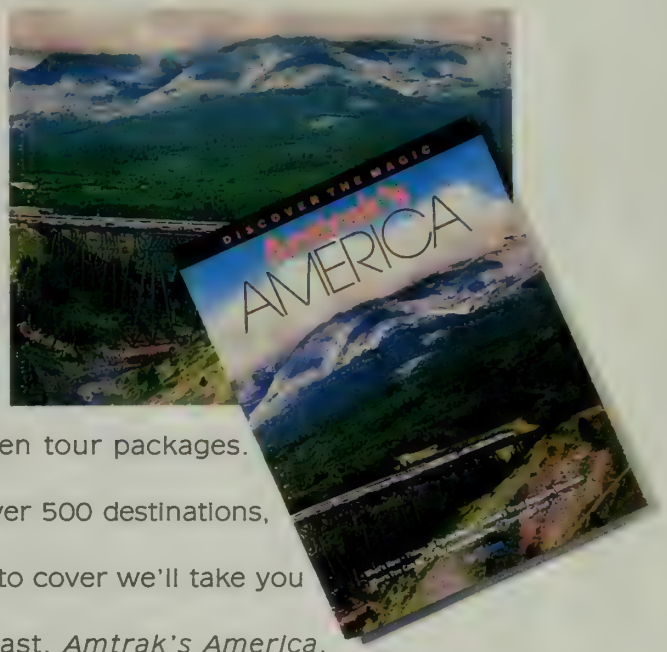
COTTAGE RENTAL TIPS

- **BOOK EARLY.** High season goes from Memorial Day through Labor Day; the best properties may be locked in by early spring.
- **SET A BUDGET.** Weekly rentals run from under $300 to $1,500 or more in season. To keep costs down, share with another family. Find out maximum occupancy and layout logistics, plus down payment and other fees.
- **TRY SEVERAL SOURCES.** Travel material from chambers of commerce and visitors and convention bureaus often list cottage rentals. Contact the state's association of Realtors in the capital for agencies in the vacation area. Get a copy of the local paper for leads.
- **BE FLEXIBLE.** Don't dismiss cottages *near* the lake rather than at water's edge; that may help with price and availability. Also consider off-season.
- **ASK QUESTIONS.** Are there complete cooking facilities? Do you need your own linens or utensils? How close are neighboring cottages and food, shopping, and entertainment facilities? Are boat rentals included, or at least available? Can you bring pets?
- **STAY REALISTIC.** Get specific about space and facilities, but don't expect the Taj Mahal. Request brochures; many Realtors will even fax pictures.

When it comes to planning an unforgettable vacation, we wrote the book. *Amtrak's America*. A free, 80-page travel guide that

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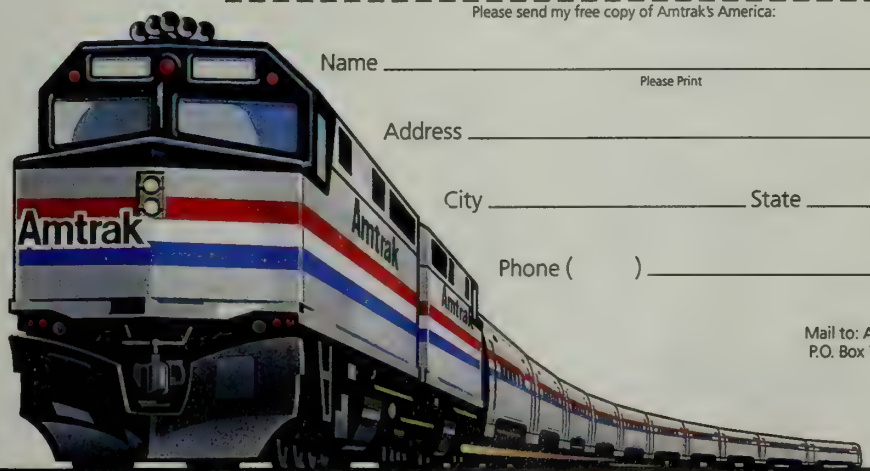
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P.O. Box 7717, Itasca, IL 60143



ALL ABOARD AMTRAK

Elegant EAT-IN



Details make an upbeat impression: the art deco chairs, the high-tech light fixture, and the glass-block table base.

A through-view with a twist, this 150-gallon aquarium gives a peek on into the living room.

Design and construction: Judy and William Rundlett. Regional editor: Estelle Bond Guralnick

KITCHENS

People gravitate to kitchens. Why not make it easier for them to do so?

Add space for a table and chairs and a kitchen becomes the life of the party, a family meeting place, or an intimate spot for two. Here are two examples, different as day and night.



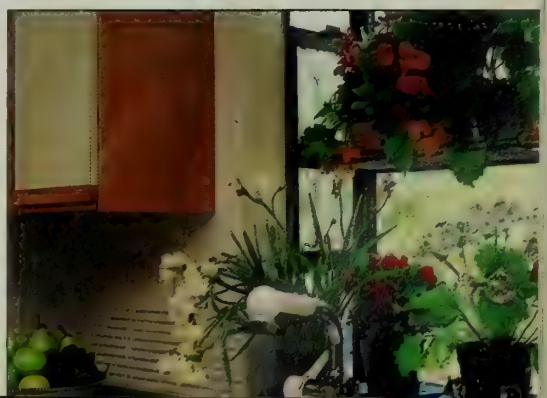
Photographs: D. Randolph Foulds

Seating for Six, Under the Skylight

This remodeled kitchen is perfectly positioned, between a sun-room and the living room, to take on a flood of friends or family. Every detail in this light-loving space sparkles with contemporary pizzazz: art-deco-inspired chairs, minimalist light fixture, white laminate cabinets, honey-toned oak trim, and an oversize skylight.

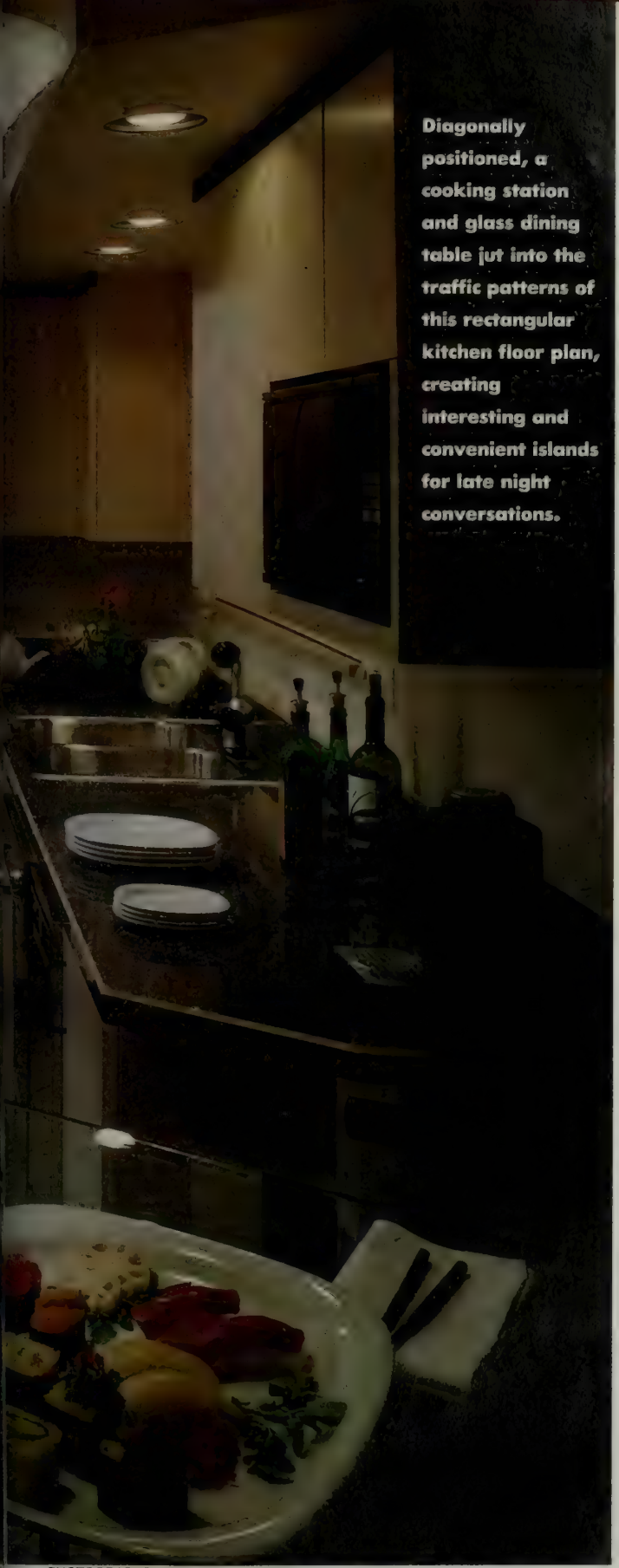
This once boxed-in kitchen broke free from its constraints after the carpenters removed an L-shaped eating bar where the aquarium now stands. The old cabinets and trim remain. The floors, countertops, and walls received new materials, and a wall of cabinets was added at the rear.

continued on page 106



Sun-loving plants soften the modern look with a friendly jumble of greenery. A tile band wraps the backsplash with a quiet accent.


Elegant
EAT-IN
KITCHENS
Night Dining
On the Diagonal



Diagonally positioned, a cooking station and glass dining table jut into the traffic patterns of this rectangular kitchen floor plan, creating interesting and convenient islands for late night conversations.



Glass blocks form the perfect leg for a glass table and pick up reflections from numerous direct and indirect lights that accent this stylish room.

Late nights at the office are much more tolerable when you have a kitchen like this to come home to. Its urban elegance is perfect for a sophisticated evening rendezvous.

The nocturnal mood begins with black appliances and trim, contrasting sharply against the whitewashed oak cabinets and their light-colored, twilight cast. Carefully matched wood grain on the cabinet doors and a seven-coat lacquer finish showcase meticulous attention to detail. Concealed European-style cabinet door hinges and recessed finger pulls allow the beauty of the wood to stand out with no interference from the hardware. The faux-granite laminate countertops are edged with beveled oak strips, also heavily lacquered to match the glossy sheen of the cabinets.

Seeming to float out diagonally from the corner, the 7-foot-long glass tabletop sparkles like starlight

continued on page 108

PHOTOGRAPHS: LOCKWOOD HOEHL
DESIGN: MICHAEL O'ROREY AND SANDY WONCHECK
CONTRACTOR: MICHAEL O'ROREY

Buying information, page 162

Elegant EAT-IN KITCHENS

continued from page 107

with the reflections of numerous downlights and a sculpted art-deco fixture above. On its rounded end, the table is supported by a leg of glass blocks. Industrial quality 12-inch ceramic tiles, buffed to a high shine also bounce back light.

Jutting from the other wall, a peninsula presents a down-draft cooktop and a wedge-shaped desk. The tabletop and cooking station break up the traffic pattern and give the homeowners comfortable places to relax and unwind before dinner.

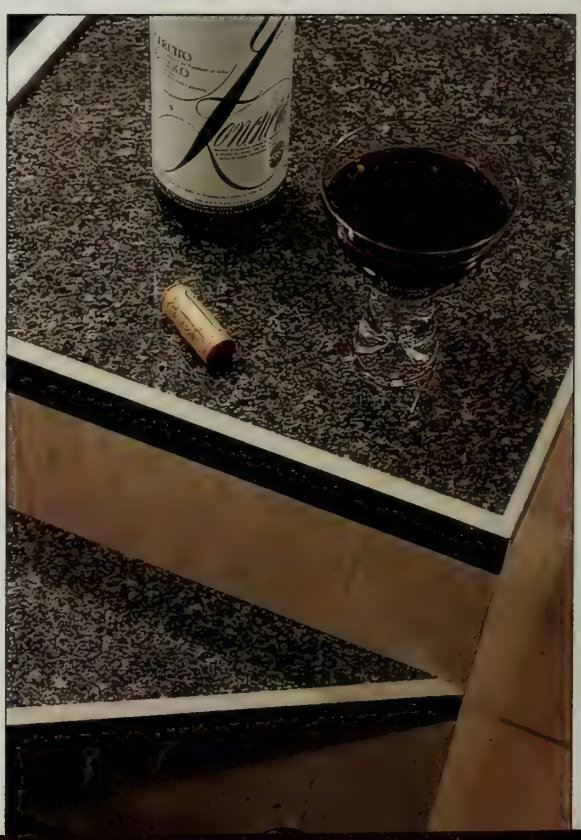


A built-in wine rack uses concealed pedestal supports to tilt each bottle just enough to keep the corks from drying out.

No need to dig around in dimly lighted cabinets for the right cookware. These sliding trays put pots and pans where you can see them.



The beveled oak edge of the granite-look countertops was finished with seven coats of lacquer to match the cabinets.



Now, clean the baking without the shaking.

Introducing the power of Sunlight in a no shake gel.



Sunlight. We make light work of dishes.

This is a lemon scented product. © 1991 Lever Brothers Company.

"No waste" refers to reduced residue in bottle.


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Salem's revolutionary new FreshWrap
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If unsatisfied, return the unused portion of your purchase and Salem will replace your product. Void where prohibited by law.

How do I love thee?





Let me count the sprinkles.

This Valentine's Day, make your kids a cake with Pink Funfetti® Frosting and Funfetti® Cake Mix and sprinkle on the love. Start with 2 boxes of Pillsbury Plus® Funfetti® Cake Mix and 2 cans of Pillsbury Funfetti® Pink Vanilla Frosting. Bake two 8-inch square cakes and two 8-inch round cakes. Cut round cakes in half. Place round halves of one cake on sides of square cake. Frost. Repeat for second layer. Frost and sprinkle with decorator sprinkles. For single layer heart cake, cut recipe in half.





Make the moment™ with Pillsbury.

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BY LISA HOLDERNESS AND JILANN SEVERSON

Victorian VALENTINES

Sweets and crafts homemade with love



RUM TRUFFLES AND MARZIPAN TREASURES
Lavishly rich, truffles and almondy marzipan fruits and hearts nuzzle neatly in an *OLD ROSES AND LACE GIFT BOX* *you can make.*

Recipes begin on page 122.
Craft instructions begin on page 132.

PHOTOGRAPHS: MARK THOMAS. FOOD STYLIST: RICK ELLIS. PROP STYLIST: NANCY MICHLIN. DESIGN CREDITS, SEE PAGE 162.

Victorian VALENTINES

Hearts were made to give away
On Valentine's good day . . .

—Annette Wynne



LEMON TEA CAKES
Entice your dearests with something sweet, petite, and luscious. One or two days ahead, top cakes with Lemon Satin Icing. Decorate as you wish.

Recipes begin on page 124.

VICTORIAN SACHET
Cross-stitch your love into a softly scented heart of shimmery threads, delicate colors, and dainty trims.



Victorian Valentines

Kisses kept are wasted;
Love is to be tasted.

—E. V. Cooke





Pecan Cake with Tangerine Cream Filling

Here's a love potion by the slice. Your special someone will be smitten when you serve toasted pecan cake with layers of velvety caramel and tangerine cream.

Recipe begins on page 126.

Victorian VALENTINES



Heart Pin
Snippets of lace, bits of ribbon, and simple little trinkets join on a heart-shaped wooden form, uniting into an elegant and old-fashioned brooch.



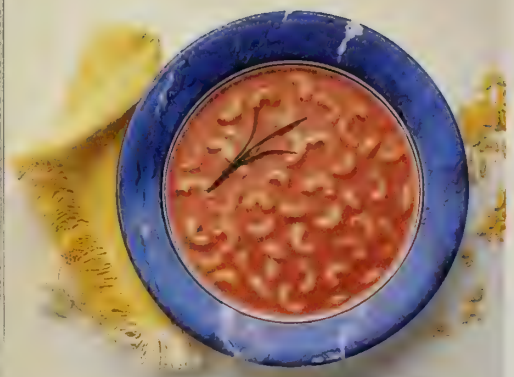
Bittersweet Chocolate Torte with Raspberries
Bring on the pièce de résistance—a rich, fudgy, berry-topped cake meant especially for true chocolate enthusiasts. They'll love it.

Recipe begins on page 126.

Buying information, page 162.

Sweetheart Mirror
Three simple pieces, some scroll-saw artistry, and rich cherry wood make an intricate heart-shaped mirror that's sure to reflect your love.





TOMATO MAC 'N' CHEESE

Add 1½ cups cooked elbow macaroni and ½ cup shredded processed cheese to Campbell's® Tomato Soup prepared with water. Heat until cheese melts.



EASY BEEF AND VEGGIES

Add 1 cup cubed cooked beef and 1 cup cooked mixed vegetables to Campbell's Tomato Soup prepared with water. Heat through.

Make It As Hearty As You Are Hungry.



Mm! Mm! Good!®

©1991 Campbell Soup Company

Victorian VALENTINES



CHERRY-CHAMPAGNE ICE

On this heart-filled holiday dazzle your loved ones with spoonful after delicious spoonful of tart cherry ice, spiked with a bit of bubbly. Drizzle chocolate in each goblet for a stylish touch.

CHERRY-CHAMPAGNE ICE

Enjoy a refreshing, low-fat dessert ice—

- ⅔ **cup sugar**
- ½ **cup unsweetened cherry juice *or* white grape juice**
- 1 **16-oz. pkg. frozen unsweetened pitted tart red cherries, slightly thawed, *or* 1¼ lb. fresh tart red cherries, pitted (2½ cups)**
- ⅔ **cup champagne *or* white grape juice**
- ½ **tsp. finely shredded lemon peel**
- ⅓ **cup semisweet chocolate *or* milk chocolate pieces (optional)**
- 1 **Tbsp. shortening (optional)**
- **Fresh mint sprigs (optional)**

● **In a medium saucepan combine** sugar and cherry juice or white grape juice. Cook and stir over medium-high heat just till sugar dissolves. Remove from heat. Cover and cool.

● **Meanwhile, in a blender container** or food processor bowl, combine cherries, champagne or grape juice, and lemon peel. Cover and blend or process till mixture is almost smooth.

● **Stir cherry mixture** into the cooled sugar mixture. Freeze in a 1- to 2-quart ice-cream maker according to manufacturer's directions.

● **To decorate dishes** with chocolate, in a small, heavy saucepan combine chocolate and shortening. Melt over low heat till smooth, stirring constantly. Transfer melted chocolate to a small, self-sealing plastic bag with a corner snipped off (opening should be very small) or a pastry bag, fitted with a small, round tip.

● **Lightly pipe chocolate** on the inside of 4 chilled dessert goblets or wine glasses to make a design. Chill glasses to allow chocolate to set. Scoop cherry mixture into goblets or glasses. Top with mint, if desired. Serves 4.

Nutrition information per serving: *214 cal. (3% from fat), 1 g fat, 0 mg chol., 1 g pro., 49 g carbo., 1 g dietary fiber, 3 mg sodium.*

continued on page 122



ZESTY CHICKEN AND RICE

Add ½ cup cubed cooked chicken and
1 cup cooked rice to Campbell's® Tomato Soup
prepared with water. Heat through.



TOMATO MAC 'N' BEEF

Add ¼ pound browned ground beef and
1 cup cooked elbow macaroni to Campbell's Tomato Soup
prepared with water. Heat through.



HEARTY VEGETABLES AND PASTA

Add ¾ cup cooked vegetables (sliced celery, sliced carrots
and peas) and 1 cup cooked corkscrew macaroni to
Campbell's Tomato Soup prepared with water. Heat through.



TOMATO GARDEN

Add ¼ cup chopped green pepper, ½ cup sliced mushrooms
and 1 cup cooked rice to Campbell's Tomato Soup
prepared with water. Simmer 5 minutes.

Make It As Hearty As You Are Hungry.



Mm! Mm! Good!®

©1991 Campbell Soup Company

VICTORIAN VALENTINES

continued from page 120

RUM TRUFFLES

For quicker truffles, roll the chocolate centers in nuts or powdered sugar instead of dipping them in chocolate (see note below at right)—

- **6 squares (6 oz.) semisweet chocolate, coarsely chopped**
- **¼ cup margarine *or* butter**
- **3 Tbsp. whipping cream**
- **1 beaten egg yolk**
- **3 Tbsp. rum, brandy, *or* whipping cream**
- **1 lb. semisweet chocolate, tempered, (see box, *right*) *or* chocolate-flavored candy coating, chopped**
- **Vanilla-flavored *or* pink candy coating, melted, for decorating (optional)**

● **In a heavy 2-quart saucepan** combine the 6 squares semisweet chocolate, margarine or butter, and the 3 tablespoons whipping cream. Cook over low heat, stirring constantly, till chocolate is melted. This should take about 10 minutes. Remove saucepan from heat.

● **Gradually stir** about *half* of the hot mixture into the beaten egg yolk. Return egg mixture to saucepan. Cook over medium heat, stirring constantly, till slightly thickened. This should take about 2 minutes. Remove saucepan from heat.

● **Stir in** rum, brandy, or whipping cream. Transfer chocolate mixture to a small mixer bowl. Chill about 1 hour or till mixture is room temperature and smooth, stirring occasionally.

● **Beat the cooled chocolate mixture** with an electric mixer on medium speed about 2 minutes or till slightly fluffy. Chill about 15 minutes or till mixture holds its shape. Drop mixture from a rounded *teaspoon* onto a baking sheet lined with waxed paper. Chill about 30 minutes more or till firm. If desired, with hands, shape into smooth balls, working quickly so the truffles don't get too soft.

● **If using chocolate-flavored** candy coating for dipping, in the bottom of a double boiler or a saucepan bring water to boiling. Remove from heat. Place chopped candy coating in top of double boiler or in a heatproof bowl and set over, but not touching, pan of water. Stir frequently till coating melts. *Or,* to melt coating in the microwave, in a 2½-quart microwave-safe bowl micro-cook candy coating on 100% power (high) 2 minutes. Stir. If necessary, micro-cook for 30 seconds more or till almost melted. Coating may not look melted until stirred.

● **Drop truffles,** one at a time, into the melted, tempered chocolate or chocolate-flavored candy coating; turn truffles with a large, long-tined fork to coat. Lift truffle out with the fork without piercing the centers; draw fork across rim of pan to remove excess chocolate. Invert truffles onto a waxed-paper-lined baking sheet. Twist fork slightly, as candy falls, to make a swirl on top. Let dipped truffles dry till chocolate hardens.

● **If the candy coating** becomes too thick while dipping, reheat it in the microwave. *Or,* for coating that's been melted in a double boiler or for tempered chocolate, replace the cooled water with warm water. Stir the chocolate constantly until it once again reaches dipping consistency.

● **To decorate truffles,** if desired, place melted vanilla-flavored or pink candy coating in a small, self-sealing plastic bag with a corner snipped off (opening should be very small) or a pastry bag, fitted with a small, round tip. Pipe coating in a design atop truffles. Or, drizzle coating atop truffles with a spoon. Let dry. Store truffles, tightly covered, in a cool, dry place for up to 2 weeks. Makes about 30 pieces.

Note: If desired, after chilling the shaped truffles for 30 minutes, roll them into *finely chopped nuts* or *sifted powdered sugar* instead of dipping them into melted chocolate. When using powdered sugar, you may need to roll truffles more than once since they tend to soak up the sugar.

Nutrition information per chocolate-dipped truffle: *129 cal. (61% from fat), 10 g fat, 9 mg chol., 1 g pro., 12 g carbo., 0 g dietary fiber, 19 mg sodium.*

Tempering Chocolate

Tempering means to melt chocolate and then to cool it to the correct dipping temperature. Without tempering, melted chocolate often speckles or develops gray streaks as it hardens. This speckling, called blooming, affects only the appearance, not the quality or flavor, of the candy. Tempering is not needed for candy coating.

In a 1½-quart glass mixing bowl or in a 4-cup glass measure combine 1 pound chopped *semisweet chocolate* or *semisweet chocolate pieces* and 3 tablespoons *shortening*. Pour very warm tap water (100° to 110°) into a large mixing bowl to a depth of 1 inch. Place the container of chocolate inside the larger bowl. (The water should cover the bottom half of the chocolate container.) Stir the chocolate *constantly* with a rubber spatula for 15 to 20 minutes or until completely melted and smooth.

If the water begins to cool, replace it with warm water. (Avoid getting *any* water in the chocolate. Water causes chocolate to become thick and grainy. If this happens, stir in additional shortening, *1 teaspoon* at a time, until chocolate becomes shiny and smooth again.)



SCOTT LITTLE

To remove marzipan hearts from molds, tap the edge of the mold against a hard surface. If necessary, use a toothpick to gently loosen hearts.

MARZIPAN TREASURES

Marzipan is a confection made with almond paste or ground almonds, often tinted and molded into shapes. You can buy marzipan but you'll find this homemade version, with its rich, buttery flavor, worth making yourself—

- **1 8-oz. can almond paste (see note, *page 124*)**
- **¼ cup butter, softened**
- **1 cup sifted powdered sugar**
- **1 Tbsp. amaretto, orange liqueur, rum, *or* orange juice**

continued on page 124

Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

America's Dairy Farmers
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CREATE A STIR WITH CREAM CHEESE.

VICTORIAN VALENTINES

continued from page 122

2 tsp. light corn syrup
1½ to 2 cups sifted powdered sugar
Food coloring (optional)*
Granulated sugar (optional)

● **Crumble almond paste** into a small mixer bowl. Add butter. Beat with an electric mixer on medium speed till combined. Add the 1 cup powdered sugar; liqueur, rum, or orange juice; and corn syrup. Beat till thoroughly combined. Shape mixture into a ball. Knead in as much of the remaining powdered sugar as needed till mixture is firm enough to hold its shape.

● **Divide into smaller portions** to color (1 portion for each desired color). Add enough food coloring to each portion to get desired color. Shape right away or wrap each portion separately in foil or plastic wrap and chill till ready to shape, up to 24 hours. (If you chill longer, the candy mixture may start to dry out.)

● **For heart shapes, chill** pink-colored and/or plain marzipan for 1 hour. If desired, knead pink and plain marzipan together to form a marbled effect. Press into heart-shape candy molds. To remove hearts from molds, tap edge of mold against a hard surface. If needed, use a toothpick to gently loosen hearts (see how-to photo, *page 122*). *Or,* to omit chilling step, roll pieces of marzipan in granulated sugar, then mold. The sugar will help keep marzipan from sticking to mold.

● **For strawberry shapes, roll** red-colored marzipan into a strawberry shape (an oval with one end tapering to a point). With a toothpick, prick tiny holes all over each berry to resemble seeds (see how-to photo, *left*). Using a small knife, cut strawberry tops out of green-colored marzipan. Attach a top to wide end of each berry.



With a toothpick, prick holes all over each marzipan strawberry to resemble seeds.

● **For apricot shapes, roll** orange-colored marzipan into balls. Press 2 opposite ends to slightly flatten for top and bottom of apricot. With the blunt edge of a knife, make a vertical dent, from top to bottom, on rounded side of each ball. Use green-colored marzipan to make stems. Attach a stem to the top of each ball, pressing gently to make it stick.

● **Store, covered,** in refrigerator for up to 7 days. Makes about 70 candies.

Note: Look for almond paste that does not contain glucose or syrups, as it may be too soft to shape.

*For richer-colored marzipan, use paste food coloring instead of the liquid form.

Nutrition information per candy: *35 cal. (38% from fat), 2 g fat, 2 mg chol., 0 g pro., 5 g carbo., 7 mg sodium.*

LEMON TEA CAKES

The edible flowers used as a garnish for the cakes pictured on page 115 are pansies and roses (for more information on edible flowers, see tip box, page 126). To purchase candied violets and lilacs, check with a gourmet store or where cake decorating supplies are sold—

2½ cups all-purpose flour
2 cups sugar
1 tsp. baking powder
½ tsp. baking soda
⅛ tsp. salt
1¼ cups buttermilk *or* sour milk
½ cup shortening, margarine, *or* butter, softened
1 tsp. vanilla
4 egg whites
1 Tbsp. finely shredded lemon, lime, *or* orange peel
1 Tbsp. lemon, lime, *or* orange juice
1 recipe Lemon Satin Icing (see recipe, *page 126*)
Candied violets and lilacs, edible flowers, silver decorative candies, *and/or* multicolored decorative candies (optional)
Semisweet chocolate, melted (optional)

● **Grease and lightly flour** a 13x9x2-inch baking pan and set aside. In a large mixer bowl stir together flour, sugar, baking powder, baking soda, and salt. Add buttermilk or sour milk; shortening, margarine, or butter; and vanilla. Beat mixture with an electric mixer on low speed for 30 seconds or till combined.



To ice cakes, spear one cake piece with a fork and hold it over the pan of icing. Spoon icing over cake piece, covering sides and top. Repeat with remaining cake and icing.

● **Beat on medium-high speed** for 2 minutes, scraping sides of bowl occasionally. Add the egg whites, citrus peel, and juice; beat for 2 minutes more. Pour batter into prepared pan. Bake in a 350° oven 35 to 40 minutes or till a wooden toothpick inserted near center comes out clean. Cool cake on wire rack for 10 minutes. Remove from pan; cool completely.

● **Using a serrated knife, trim** edges and top of cake so that edges and top are smooth and straight. Cut cake into 1½-inch squares, diamonds, hearts, and/or circles. Brush off crumbs. Place cake pieces on wire racks over waxed paper.

● **Insert** a 2- or 3-pronged, long-handled fork into the side of one cake piece. Holding cake piece over pan of Lemon Satin Icing, spoon enough icing over the cake to cover sides and top (see how-to photo, *above*). Place the iced cake back on the wire rack, making sure cake pieces do not touch. Repeat with remaining cake pieces; let dry for 15 minutes.

● **Repeat with a second layer** of icing, *except* place cake piece on top of the fork prongs (do not spear cake). If necessary, reuse the icing that has dripped onto the waxed paper, straining to remove crumbs.

continued on page 126



Brownie Recipe Breakthrough

Baker's® ONE BOWL™ BROWNIES

So chocolatey. So easy. You'll never make ordinary brownies again!



Kraft General Foods, Inc. Baker's is a registered trademark of Kraft General Foods, Inc.

Baker's® Chocolate ONE BOWL™ Brownie Recipe

- 4 squares BAKER'S® Unsweetened Chocolate
- 3/4 cup (1 1/2 sticks) margarine
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup chopped nuts (optional)

1. **HEAT** oven to 350°F.
2. **MICROWAVE** chocolate and margarine in large microwavable bowl at HIGH 2 minutes or until margarine is melted. **Stir until chocolate is completely melted.**
3. **STIR** sugar into chocolate. Mix in eggs and vanilla until well blended. Stir in flour and nuts. Spread in greased 13x9-inch pan.
4. **BAKE** 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. Cool in pan; cut into squares. Makes 24 fudgy brownies.

Note: When using glass baking dish, bake at 325°F. For cakelike brownies, stir in 1/2 cup milk with eggs; use 1 1/2 cups flour.

VICTORIAN VALENTINES

continued from page 124

● **To decorate,** let icing dry. Top with candied violets and lilacs, edible flowers, silver decorative candies, and/or multicolored decorative candies, if desired. Or, transfer any remaining icing or melted chocolate to a small, self-sealing plastic bag with a corner snipped off (opening should be very small) or a pastry bag, fitted with a small, round tip. Pipe icing or chocolate atop cakes to decorate. Store cakes in a covered storage container for up to 48 hours. If storing for more than an hour, wait till just before serving to decorate with edible flowers. Makes about 40 tea cakes.

Nutrition information per frosted cake: *184 cal. (13% from fat), 3 g fat, 0 mg chol., 1 g pro., 40 g carbo., 0 g dietary fiber, 38 mg sodium.*

LEMON SATIN ICING

Use this glossy, cooked icing to coat the Lemon Tea Cakes—

3 cups sugar
1½ cups hot water
¼ tsp. cream of tartar
2 tsp. lemon juice *or* ¼ tsp. almond extract
1 tsp. clear vanilla *or* vanilla
4 to 4½ cups sifted powdered sugar
Food coloring (optional)

● **In a medium 2-quart saucepan** combine sugar, hot water, and cream of tartar. Bring the mixture to boiling over medium-high heat, stirring constantly for 5 to 9 minutes or till the sugar dissolves.

● **Reduce heat to medium-low.** Clip a candy thermometer to the side of the saucepan. Cook till thermometer registers 226° (takes about 12 minutes), stirring only when necessary to prevent sticking. Remove pan from heat. Cool at room temperature, without stirring, to 110° (allow about 1 hour).

● **Add lemon juice or almond extract** and vanilla to icing. Stir in enough of the powdered sugar to make the icing of drizzling consistency. If necessary, beat the icing with a rotary beater or wire whisk to remove any lumps. If desired, stir in a few drops of food coloring. Makes about 3½ cups.

Note: If icing gets too thick to drizzle, beat in a few drops of hot water.

Edible Flowers

Before garnishing food with flowers, make sure that the flowers are not a poisonous variety and that they are pesticide-free. Your best option is to use garden-grown flowers or those commercially raised especially for eating.

Just because a flower is considered edible, or nontoxic, doesn't mean it tastes good. If you are using edible flowers as an ingredient rather than a garnish, sample the flowers first to make sure that they complement your dish.

Below are some common edible flowers and what they taste and/or smell like:

- **Pansies—lettuce**
- **Squash Blossoms—sweet nectar**
- **Roses—floral**
- **Violets—very floral**
- **Carnations—bland and somewhat bitter**
- **Bachelor's Buttons—bland**
- **Lilacs—light floral**
- **Lavender—lemon perfume**
- **Nasturtiums—pepper, radish, watercress**

PECAN CAKE WITH TANGERINE CREAM FILLING

The nuts act as flour in this cake, giving it a course texture and nutty taste—

2½ cups broken pecans, toasted
3 Tbsp. all-purpose flour
4 tsp. baking powder
6 eggs
1 cup granulated sugar
1 8-oz. package cream cheese, softened
¼ cup margarine *or* butter
½ cup packed brown sugar
1 tsp. finely shredded tangerine peel *or* orange peel
1 tsp. vanilla
1 recipe Whipped Cream Frosting

● **In a blender container** or food processor bowl place *half* of the pecans. Cover; blend or process till coarsely ground. Repeat with remaining nuts.

● **In a mixing bowl combine** pecans, flour, and baking powder. In blender container or food processor bowl place eggs and sugar. Cover; blend or process till smooth. Add nut mixture. Cover; blend or process till smooth, stopping and scraping sides as needed to mix evenly (mixture may be foamy). Spread in 2 greased, floured 8x1½-inch round baking pans.

● **Bake in a 350° oven** for 25 to 30 minutes or till light brown and top springs back when lightly touched (center may dip slightly). Cool on a wire rack for 10 minutes. Remove from pans; cool thoroughly on racks.

● **For tangerine filling,** in a small mixer bowl beat cream cheese and margarine or butter with an electric mixer on medium-high speed till fluffy. Gradually add brown sugar, beating for 3 to 4 minutes or till smooth. Stir in citrus peel and vanilla.

● **To assemble,** with a serrated knife cut layers in half horizontally (4 cake layers total). Place 1 split cake layer, cut side up, on a platter. Spread *one-third* of the filling atop cake layer. Place another split cake layer, cut side down, atop filling. Spread top with another *one-third* of the filling. Repeat with remaining cake layers and filling, ending with a cake layer on top.

● **Frost top and sides of cake** with Whipped Cream Frosting, reserving some of the frosting for piping, if desired. To decorate top of cake with piped frosting, place reserved frosting in a pastry bag, fitted with a large star tip. Pipe frosting atop cake in a ring. If desired, decorate with edible roses (see Edible Flowers tip box, *left*). Store frosted cake, covered, in the refrigerator for up to 4 hours. Serves 12.

Whipped Cream Frosting: In a small chilled mixer bowl combine 1½ cups *whipping cream,* 2 tablespoons *sugar,* and ¾ teaspoon finely shredded *tangerine* or *orange peel.* Beat with chilled beaters of an electric mixer on medium speed till soft peaks form. Use frosting immediately.

Nutrition information per serving: *507 cal. (68% from fat), 40 g fat, 178 mg chol., 7 g pro., 34 g carbo., 2 g dietary fiber, 238 mg sodium.*

BITTERSWEET CHOCOLATE TORTE WITH RASPBERRIES

14 oz. bittersweet *or* semisweet chocolate, coarsely chopped
½ cup margarine *or* butter
¼ cup milk
5 eggs
1 tsp. vanilla
½ cup sugar
¼ cup all-purpose flour
¼ cup seedless red raspberry jam
1½ to 2 cups fresh red raspberries
Powdered sugar (optional)

continued on page 130

A dramatic tribute to Christ's sacrifice for mankind.



Shown smaller than actual size of 8¼" in diameter.

The Last Supper

by Lou Marchetti

The Danbury Mint

©1991 Artaffects Ltd.

A numbered limited first edition collector plate lavishly decorated with 23kt gold.

It was one of the most poignant moments in the life of Jesus... and one of the most famous biblical scenes of all. As his disciples looked on with heavy hearts, Jesus blessed the final meal he would ever share with them.

Now, "The Last Supper" has been captured in the grand tradition of the "old masters" on a new porcelain collector plate by world-renowned artist Lou Marchetti. Born in Fondi, Italy, he was raised in New York City—where his rich talents found an enthusiastic audience. Marchetti's masterpieces are on permanent display in museums across the country... and treasured in private collections.

A Limited First Edition

"The Last Supper" is the first collector plate in a new series from Artaffects for the Danbury Mint entitled *The Life of Jesus.* Each issue will feature a beautiful original work of art by Lou Marchetti which has *never before appeared on a collector plate.* You'll relive the most dramatic and moving events in the life of Jesus... from his stirring Sermon on the Mount to his final Resurrection from the dead.

Each hand-numbered plate will be accompanied by a personalized Danbury Mint Certificate of Authenticity. The edition of "The Last Supper" will be limited to the production capacity of 25 firing days. Each plate will be lavishly trimmed in precious 23kt gold ...and is available for just $27.

No Obligation—No Risk

When you acquire "The Last Supper" you have the option, *but not the obligation,* to acquire all subsequent plates in this magnificent new series. Furthermore, under our *100% Unconditional Guarantee,* you may return any plate for replacement or refund within 30 days.

Act Now for Lowest Possible Serial Number

Strong demand is expected for "The Last Supper"; Lou Marchetti's artwork provides a treasured remembrance of redemption through Jesus Christ. We urge you to reply now to receive the lowest possible serial number. Send in your reservation today!

LJP Please Reply Promptly 35

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, Conn. 06857

Limit: two plates per collector.

Please accept my reservation for ***"The Last Supper"*** as described in this announcement. I wish to reserve ___ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $13.50* each, with the first billed prior to shipment.

☐ Check here if you want each plate charged in full at the time of shipment to your:

☐ VISA ☐ Discover
☐ Master Card ☐ Am. Ex.

Credit Card No. Exp.Date

Signature: _____

Name: _____
Please Print Clearly

Address: _____

City: _____

State/Zip: _____

Name for Certificate(s) of Authenticity (if different from above)

Allow 4 to 8 weeks after initial payment for shipment.

*Plus any applicable sales tax and $2.95 per plate for shipping and handling



VICTORIAN VALENTINES

continued from page 126

● **Grease the *bottom* only** of an 8-inch heart-shape cake pan with a removable bottom or an 8-inch round springform pan; set aside.

● **In a heavy medium saucepan** combine chocolate, margarine or butter, and milk. Cook and stir over low heat till chocolate melts. Remove from heat and cool for 20 minutes.

● **In a mixer bowl beat** eggs and vanilla with an electric mixer on low speed till well combined. Add sugar and flour; beat on high speed 10 minutes. Stir chocolate mixture into egg mixture. Transfer to prepared pan.

● **Bake in a 325° oven** for 30 minutes (if using a springform pan, bake for 35 minutes) or till torte is slightly puffed on the outer one-third of the top. (Because this torte is so dense, you cannot use a traditional cake doneness test. The torte should be done after 30 minutes, even though center will still appear underbaked.)

● **Cool the torte on a wire rack** about 20 minutes. While cooling, the torte may fall about ¼ inch in the center and may develop a brownielike, crusty surface on top. This is normal and will look fine when the torte is topped with the jam and fresh raspberries. With a knife, carefully loosen the torte from the sides of the pan. Cool completely (about 2 to 3 hours more). Remove the sides of the pan. Wrap the torte in foil and chill overnight or for up to 2 days. To serve, bring the torte to room temperature.

● **In a small saucepan melt** raspberry jam; cool. Spread jam atop torte. Cover jam layer with raspberries, stem side down. If desired, using a sifter, dust berries lightly with powdered sugar just before serving. To cut, use a knife that has been dipped in hot water. Makes 16 servings.

Nutrition information per serving: *253 cal. (55% from fat), 17 g fat, 67 mg chol., 3 g pro., 27 g carbo., 1 g dietary fiber, 89 mg sodium. U.S. RDA: 13% vit. A, 10% riboflavin.*

continued on page 132

For Your Valentines

Too busy to make gifts this Valentine's day? Send your loved ones *Food Editors' Treasured Recipes*—a collection of favorite recipes from the food editors at BH&G® and other Meredith magazines. All the proceeds benefit the Better Homes™ Foundation, which helps homeless families. To order the cookbook, send a check for $17.95 payable to Better Homes™ Foundation at P.O. Box 9236, Des Moines, IA 50306. (Iowa residents: add 72 cents state sales tax. Massachusetts residents: add 90 cents state sales tax.)



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Just take them out of the cupboard, and microwave.

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Try new Italian Style or Broccoli Marinara. And enjoy perfect pasta every time, anytime.



Look for Pasta Classics in the canned vegetable aisle.

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VICTORIAN VALENTINES

continued from page 130

VICTORIAN SACHET, page 114

Materials: DMC Flower Thread in following colors and amounts: 1 skein each of Ecru and No. 2579 Light Gold; Waterlilies Silk (12 ply) from Caron Collection in No. 046 Rose-Blush and No. 106 Olive; Balger Blending Filament No. 007 Pink; Kreinik Soie d'Alger No. 3011 Light Rose; Kreinik Soie Perlee No. 1446 Peacock Blue; 10×10-in. piece 30-count Murano ecru evenweave; 10×10-in. piece chintz for backing; polyester fiberfill; 2 yd. 1½-in.-wide pre-pleated ecru lace; 1 yd. pale pink Offray pre-pleated satin ribbon; 1 pale pink ribbon rose; purchased potpourri or scented oil, if desired.

Instructions: Finished design size, approximately 6½ in. Finished pillow size, approximately 7½ in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowance throughout.

Beginning at center of evenweave and center of chart, cross-stitch design working over 2 fabric threads and using floss as listed below.

Use 1 strand of floss on the following: backstitching outline in Ecru; Soie Perlee No. 1446 for bow; DMC No. 2579 for flower centers.

Use 2 strands of floss for the following: No. 106 Olive for all leaves, stems, and each flower center and No. 046 Rose-Blush for flower parts.

When working flower parts, use 1 strand of each color as indicated on chart.

When cross-stitch design is finished, turn piece wrong side up on a thick terry towel; press carefully.

On right side, mark around outer edge ¾ in. from backstitching for cutting line; cut out heart. Finish seam allowances to prevent fraying. Cut backing the same size. Set back aside.

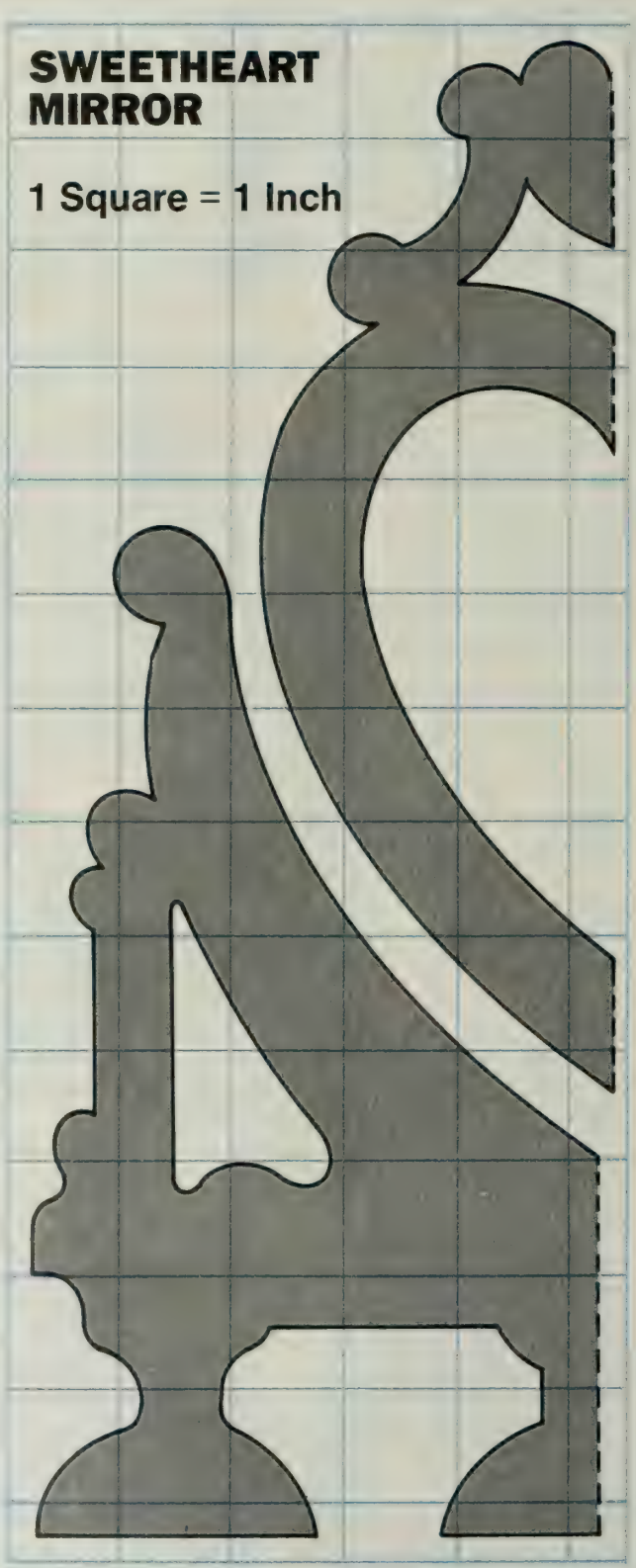
Sew lace to front, matching outer edges. Sew backing to front along previous seamline leaving opening at bottom for turning.

Turn; press outer edge avoiding cross-stitching.

Sew pleated ribbon to top of lace. Keep seam on lace as close as possible to evenweave fabric.

Stuff firmly; slip-stitch opening closed. Glue ribbon rose to heart center top.

For fragrance: To add fragrance, tuck potpourri or small piece of fragrance-saturated batting in center of sachet, making sure fiberfill surrounds fragrance and that front and back of sachet are smooth.



SWEETHEART MIRROR, page 118

Materials: 1×10×13-in. and 1×3½×13-in. pieces cherry wood; 5½×5½ in. piece ⅛-in.-thick acrylic plastic mirror; 5½×5½-in. piece wood or cardboard for picture backing; two 1-in. No. 6 brass flathead wood screws; three 1½-in. No. 8 flathead wood screws; 4 glazing points; natural Danish oil; Deft.

Instructions: The finished size will be approximately 13½×13 in.

Enlarge pattern (*left*) to scale, flopping to complete. Transfer pattern to 1×10×13-in. cherry. Using scroll saw, cut outer edges. Before cutting out heart shape, drill a 3/32-in. hole through outer shape into heart shape at pivot point to receive the 1-in. No. 6 brass screws. Finish cutting entire shape.

Using router and ⅜-in. rabbet bit, rout back of heart ⅜ in. deep for mirror. Drill 9/64-in. hole through previously drilled 3/32-in. hole in holder so No. 6 screw will pivot easily and countersink.

Bevel edges of 1×3½×13-in. base piece.

continued on page 134

FEB.

Every Valentine's Day Mom ays "Sammy, who's your alentine?" I always tell her it's Vatson. She always says, "Your og can't be your Valentine." his year she made something pecial to try to get me to talk.

JIGGLERS™ Creamy Valentines

2½ cups boiling water
2 large or 4 small pkgs. Jell-O® Brand Gelatin
1 cup cold milk
1 small pkg. (4-serving size) JELL-O® Vanilla Flavor Instant Pudding

1 STIR boiling water into gelatin. Dissolve completely; cool to room temperature, about 30 minutes.

2 POUR milk into mixing bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Quickly pour into gelatin. Stir with wire whisk until well blended.

3 POUR into 13 x 9-inch pan. Refrigerate until firm (3 hours).

4 TO CUT Jigglers!™ Dip bottom of pan in warm water for 15 seconds to loosen gelatin. Cut shapes with cookie cutters. Lift from pan.

The Jigglers™ were really eat. I still didn't tell Mom out the red-haired girl. onder if she'll ever e me as much as tson does?

© 1982 Kraft General Foods, Inc.



Now You Can Have Your Fun-And Eat It Too!

VICTORIAN VALENTINES

continued from page 132

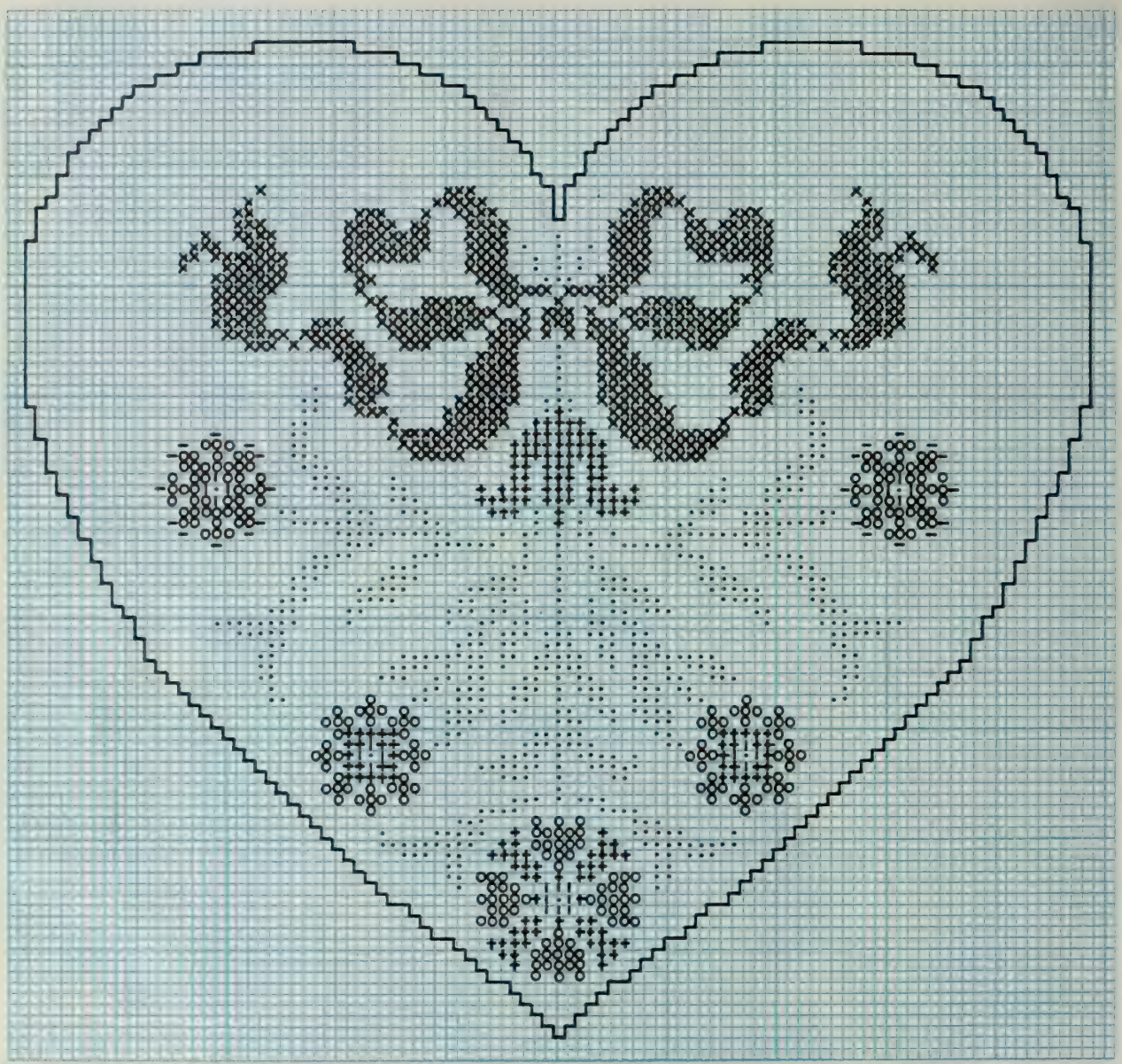
Sand and round edges slightly. Glue base to holder; secure with 1½- in. No. 8 wood screws, spacing evenly. Attach heart to holder with 1-in. No. 6 brass wood screws making sure heart shape will pivot.

Cut mirror and picture backing to fit heart opening; attach with glazing points. Finish with natural Danish oil and Deft.

OLD ROSES AND LACE GIFT BOX, page 113

Materials: 4×6×1½-in. cardboard

VICTORIAN SACHET



1 Square = 1 Stitch

- ⊡ DMC Flower Thread No. 2579 (Lt. Gold)
- ⊙ Caron Collection No. 046 (Rose-Blush)
- ⊡ Caron Collection No. 106 (Olive)
- ⊠ Kreinik No. 1446 Soie Perlee (Peacock Blue)
- ⊟ Balger Blending Filament No. 007 (Pink) and Caron Collection No. 046 (Rose-Blush)
- ⊞ Balger Blending Filament No. 007 (Pink) and Kreinik No. 3011 Soie d' Alger (Lt. Rose)

box with detachable lid or box of desired size; 22×26-in. sheet marbleized wrapping paper; 2 ft. 4-in.-wide ivory lace; 2 ft. 6-in.-wide white bridal netting; 1 yd. 1-in.-wide red wire-edged ribbon; 1 yd. 1-in.-wide iridescent white ribbon; 1 yd. each ⅛-in.-wide gold metallic and rose-colored satin ribbon; 4 pearl flower centers from artificial flowers; jewelry heart or other trinket; 6 dried red roses; gold glitter pen; hot glue or crafts glue; double-face tape or glue stick.

Instructions: Finished size, approximately 4×6×1½ in.

Using glue stick or double-faced tape, cover box and lid as if wrapping a gift, trimming excess paper as needed. Cut flat piece of paper ⅛ in. smaller than inside of lid and bottom; glue to inside of each to cover any raw edges.

Draw line of glitter along each long edge of netting with glitter pen; let dry. Fold in half lengthwise. Fold lace in half lengthwise; lay on top of netting with folded edges even. Sew gathering stitch along folded edge of lace and netting. Pull tight into round shape. Knot ends together. Fluff lace and netting apart for base.

Glue or tape 1-in.-wide ribbons together, wrong sides facing, to make double-colored ribbon. At center, make 3-in. loop; secure to upper corner of box. Glue lace ruffle to top of ribbon with netting on bottom. At center of ruffle glue roses and leaves, placing one rose under ruffle. Add pearl flower center and jewelry heart. Make another 3-in. loop of 1-in.-wide ribbon behind netting; secure. Arrange 1-in.-wide ribbon as desired on box; spot glue as needed. Cut narrow ribbons into four 8-in. lengths. Fold in half; make 1½-in. loops or bows, gluing in place as desired for corsagelike look.



HEART PIN, page 118

Materials: 1½- to 2½-in. purchased wooden heart shape available at your local crafts stores; ½ yd. assorted ribbons, cordings, string pearls, and laces; assorted notions such as bridal spray pearls, shells, old earrings or pins, resin hearts; small ribbon roses; fine-gauge florist wire or needle and thread; crafts glue; pin back; bonding cement.

Instructions: *Note:* Begin all work from outside of heart shape working ruffles and decorations toward center.

To make ruffles, gather edge of lace or ribbon on florist wire or use needle and thread; adjust gathers to fit heart. Glue in place. Continue to gather and glue ruffles inward, fitting as necessary.

When enough ruffles are in place, arrange center notion or notions as desired. Glue securely in place.

Glue pin back in place. Let dry completely.

For pin shown, glue string pearls to outer edge of heart shape first. Gather and secure lace as directed *above*. Glue bridal spray pearls and ribbon roses in place around center. Securely glue cameo pin to center, covering lace ruffle raw edges. Let dry completely. Glue pin back in place; let dry.

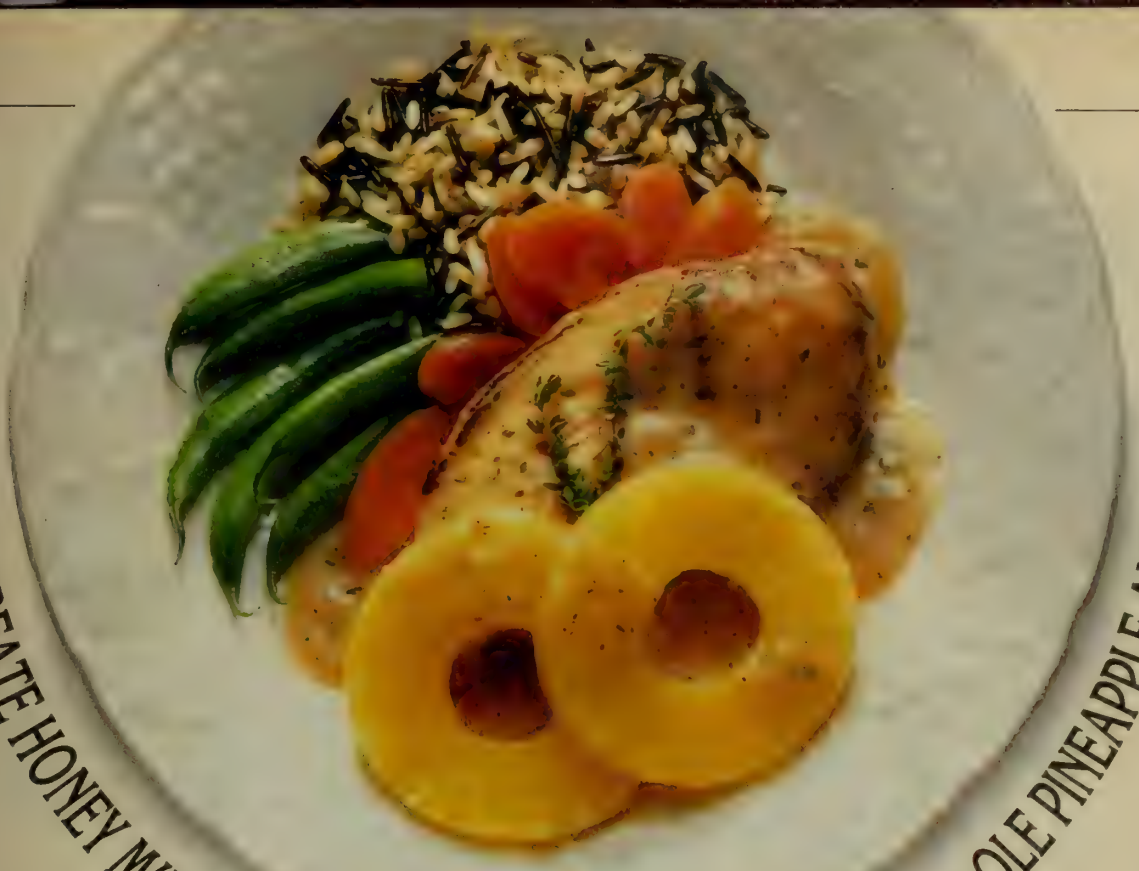
7 make-ahead family dinners

you'll love to come home to



After a busy day away, imagine coming home to the aroma of a hot dinner that's virtually ready to serve. Turn such wishful thinking into a real meal with these hearty, home-style recipes. Each shows you how to rely on a prepare-ahead strategy, such as mix-and-marinate or chop-and-chill, so dinner comes together lickety-split. *continued on page 138*

BY LISA HOLDERNESS



TO CREATE HONEY MUSTARD CHICKEN, SIMPLY OPEN A CAN OF DOLE PINEAPPLE AND...

...with a few simple additions you'll have a wonderfully delicious dinner in no time. One that your whole family will love. And don't forget, Dole® Canned Pineapple adds a special touch to Oriental dishes and baked ham.

For more recipes, send a stamped, self-addressed envelope to: Dole Consumer Center, P.O. Box 7101, Dept. LHCBH, San Francisco, CA 94120-7101.

Dole Honey Mustard Chicken

Prep. time: 15 mins. **Cook time: 20 mins.**

- 1 can (20 oz.) Dole Pineapple Slices in Juice
- 4 boneless, skinless chicken breast halves
- 2 tsp. vegetable oil
- 2 large cloves garlic, pressed
- 1 tsp. thyme, crumbled
- 1 Tbsp. cornstarch
- ¼ cup each: honey, Dijon mustard

Drain pineapple; reserve juice. Sprinkle chicken with salt and pepper to taste. Rub with garlic and thyme. Brown in hot oil in nonstick skillet. Combine 2 tablespoons reserved juice with cornstarch. Combine honey and mustard; stir into skillet with remaining juice. Spoon sauce over chicken. Cover and simmer 15 minutes. Stir cornstarch mixture into pan juices. Add pineapple. Cook, stirring, until sauce boils and thickens. Serves 4.

Dole

HOW'D YOU DO YOUR DOLE TODAY?™





DESSERT PEACHES ON-THE-DOUBLE

Simmer a 29-ounce can of sliced peaches packed in light syrup with 1 or 2 tablespoons butter and a cinnamon stick about 5 minutes. Serve peaches warm, topped with sour cream and ground cinnamon.

parmesan chicken 'n' broccoli

Fix and freeze this one-dish meal when you have time; save it for a day when you don't.

- **1 cup parboiled* (converted) long grain rice**
- **½ cup sliced green onion**
- **6 skinless, boneless chicken breast halves (1¼ lb. total)**
- **1 clove garlic, minced**
- **1 tsp. dried Italian seasoning, crushed**
- **1 Tbsp. cooking oil**
- **1 Tbsp. cornstarch**
- **2¼ cups milk**
- **1 3-oz. pkg. cream cheese, cut up**
- **1½ cups loose-pack frozen cut broccoli**
- **½ cup grated Parmesan cheese**
- **⅓ cup diced fully cooked ham**
- **2 Tbsp. sliced almonds**

● **Up to three months ahead:** Cook rice according to package directions; stir in *half* the onion. Rinse chicken; pat dry with paper towels. In a skillet cook chicken, garlic, and Italian seasoning in hot oil over medium heat for 8 to 10 minutes or till chicken is no longer pink, turning once. Remove from skillet; reserve drippings.

For sauce, cook remaining onion in reserved skillet drippings till tender, adding more oil if needed. Stir in cornstarch; add milk all at once. Cook and stir over medium heat till slightly thickened and bubbly. Reduce heat; stir in cream cheese till nearly smooth. Remove from heat; stir in broccoli, Parmesan, and ham. Spread rice mixture in a 12x7½x2-inch baking dish. Arrange chicken atop rice; season with salt and pepper. Spoon sauce over chicken; sprinkle with nuts.** Cover pan with foil, label, and freeze.

● **To serve:** The night before serving, place frozen chicken casserole, covered, in the refrigerator to thaw. Bake, covered, in a 350° oven for 30 minutes. Uncover and bake 20 to 25 minutes more or till hot. Serves 6.

*When freezing dishes made with rice, use parboiled rice because it maintains a firm texture when frozen.

**To serve immediately, without freezing: Bake, covered, in 350° oven about 10 minutes or till hot.

Nutrition information per serving: *409 cal. (36% from fat), 16 g fat, 81 mg chol., 31 g pro., 34 g carbo., 1 g dietary fiber, 384 mg sodium. U.S. RDA: 36% calcium, 17% iron, 25% vit. A, 24% vit. C, 33% thiamine, 28% riboflavin.*

continued on page 140

FOR BETTER BAKING...

FACT
Crisco Shortening is all vegetable. With absolutely no animal fat.

FACT
Crisco Shortening has 50% less saturated fat than butter.

FACT
Like all vegetable shortenings, Crisco is cholesterol free. (12 grams fat per serving.) You can't say that about butter.



THE FACTS ARE ON OUR SIDE.

CRISCO CRANBERRY SWIRL MUFFINS

¼ cup Crisco Shortening
½ cup sugar
2 egg whites
1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt (optional)
¾ cup skim milk
½ cup cranberry raspberry sauce

1. Heat oven to 400° F. Grease 12 medium (about 2½ inch) muffin cups or use foil or paper liners.
2. Cream Crisco and sugar with fork in medium bowl until blended. Add egg whites. Beat until fairly smooth. Stir in flour, baking powder, salt (if used) and milk until just mixed. Add cranberry raspberry sauce. Fold and swirl through batter.
3. Spoon batter evenly into muffin cups, filling about three-fourths full.
4. Bake at 400° F for 21 or 22 minutes or until golden brown. Cool 5 minutes before removing from pan. Serve warm or at room temperature.

YIELD: ONE DOZEN MUFFINS

Trust Crisco. Because you're baking for your family.

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PHOTOGRAPHS: SCOTT LITTLE. FOOD STYLIST: JANET HERWIG

ITALIAN BREAD ON THE SIDE

Generously brush the top of a large Boboli (look for this Italian bread shell at your grocery store or a specialty food market) with olive oil, seasoned with a little garlic powder and dried rosemary or basil. Bake in a 400° oven about 10 minutes or till golden brown. Cut into wedges and serve warm.

tuscan sausage and bean soup

This dynamite dinner is ready when you step in the door. Put the soup ingredients together the night before and plug in the crockery cooker before you leave in the morning. You'll be glad you did.

1¼ cups dry great northern beans
4 cups cold water
1 14½-oz. can whole Italian-style tomatoes *or* low-sodium whole tomatoes, cut up
1 14½-oz. can beef broth
1 medium yellow summer squash *or* zucchini, sliced (2 cups)
¾ lb. Italian sausage links, cut into ½-inch slices
1 medium onion, chopped (½ cup)
⅓ cup dry red wine *or* water
1 clove garlic, minced
½ tsp. dried Italian seasoning, crushed
½ of a 10-oz. pkg. frozen chopped spinach
Grated Parmesan cheese (optional)

● **The night before:** Rinse beans. Soak beans in the water in a covered container overnight. In a 3½- or 4-quart crockery cooker combine the *undrained* tomatoes, beef broth, summer squash or zucchini, Italian sausage, onion, wine or water, garlic, and Italian seasoning. Cover and chill overnight. Place the package of spinach in a bowl and chill overnight to thaw.

● **The next morning:** Drain beans and rinse thoroughly. Add to the tomato mixture in the crockery cooker. Cook, covered, on high-heat setting for 6 to 8 hours or low-heat setting for 11 to 12 hours or till beans are tender.

● **To serve:** Squeeze excess liquid from spinach. Stir spinach into soup before serving. Ladle soup into bowls. If desired, sprinkle with Parmesan. Makes 4 or 5 main-dish servings.

Nutrition information per serving: *535 cal. (39% from fat), 24 g fat, 66 mg chol., 33 g pro., 47 g carbo., 11 g dietary fiber, 1,361 mg sodium. U.S. RDA: 25% calcium, 49% iron, 35% vit. A, 47% vit. C, 79% thiamine, 35% riboflavin, 46% niacin.*

continued on page 142

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We've Got A Corner On Great Tasting Side Dishes.

What makes Lipton Rice & Sauce so good? Long grain rice.
Our special blend of herbs and spices. And a delicious, deep simmered sauce you won't get anywhere else. When it comes to quality, we never cut corners.
Try our delicately seasoned taste.

THEY'RE THAT GOOD.





AFTER-DINNER COOKIES

Dip pointed ends of fortune cookies into melted milk chocolate or chocolate candy coating. You'll need about ½ cup of chocolate pieces or 3 ounces of chocolate coating for about 8 cookies. Transfer the cookies to a baking sheet lined with waxed paper to dry.

turkey apricot stir-fry

Prepare a low-fat stir-fry for your family in the same amount of time it takes to pick up fast food. The secret? Get the chopping done the night before.

- ¾ lb. turkey breast tenderloin steaks (about 3 steaks)
- 1 small red sweet pepper, cut into 1-inch pieces
- 1 small onion, chopped
- ½ cup apricot *or* peach nectar
- 3 Tbsp. soy sauce
- 2 Tbsp. rice vinegar *or* white vinegar
- 1 Tbsp. cornstarch
- ¼ tsp. ground red pepper
- ½ cup dried apricot halves, cut in half
- 1 cup couscous *or* long grain rice
- 1 Tbsp. cooking oil
- 1 6-oz. pkg. frozen pea pods

● **The night before serving:** Cut turkey into bite-size strips. Transfer to a covered storage container and chill. In another storage container combine sweet pepper and onion; cover and chill. For sauce, in a third storage container stir together nectar, soy sauce, vinegar, cornstarch, and ground red pepper; add apricots. Cover and chill.

● **To cook and serve:** Prepare couscous or rice according to package directions. In a wok or skillet stir-fry sweet pepper mixture in hot oil 2 to 3 minutes or till crisp-tender. Remove vegetables from pan. (Add more oil as necessary during cooking.) Add the turkey to the pan. Stir-fry for 2 to 3 minutes or till no pink remains. Push turkey from center of pan.

Stir sauce and add to the center of the wok or skillet. Cook and stir till sauce is thickened and bubbly. Return cooked vegetables to pan. Stir in pea pods. Cook and stir about 1 minute more or till pea pods are heated. Serve immediately over couscous or rice. Makes 4 main-dish servings.

Nutrition information per serving: *387 cal. (13% from fat), 6 g fat, 37 mg chol., 25 g pro., 59 g carbo., 10 g dietary fiber, 816 mg sodium. U.S. RDA: 25% iron, 22% vit. A, 85% vit. C, 19% thiamine, 15% riboflavin, 44% niacin.*

continued on page 144

The cheese snack that goes wherever kids hang out.

For a delicious, 100 percent natural treat that keeps up with kids, get individually wrapped MooTown Snackers.® It's the packable, snackable cheese that won't hang around for long.

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7 make-ahead family dinners



MEXICAN-STYLE BREAD AND BUTTER

Warm tortillas in the microwave or wrap them in foil and heat them along with the meat on a lower oven rack till softened. Stir a spoonful of honey and a little shredded orange peel into softened margarine or butter and serve with the tortillas.

CHEDDAR BURGER.



© 1991 Pillsbury Company

peppered flank steak with corn salsa

Marinate juicy flank steak several hours ahead or overnight in a zesty pepper marinade, so it's full of flavor by broiling time.

1 8¾-oz. can whole kernel corn, drained
¾ cup green salsa
1 medium tomato, chopped (about ⅔ cup)
¾ cup Italian salad dressing
2 Tbsp. cracked black pepper
1 Tbsp. Worcestershire sauce
1 tsp. ground cumin
1¼ to 1½ lb. beef flank steak
Fresh cilantro sprigs (optional)

● **Up to 2 days ahead:** In a storage container combine corn, salsa, and tomato; chill, covered, for up to 2 days.

● **Several hours ahead or the night before serving:** For marinade, in a bowl combine salad dressing, pepper, Worcestershire sauce, and cumin.

With a knife, score steak at 1-inch intervals in a diamond pattern on both sides. Place in a large, nonmetal storage container or plastic bag set in a shallow dish. Pour marinade over steak. Cover container or close bag. Marinate in refrigerator for 6 to 24 hours, turning steak once.

● **To cook and serve:** Drain the steak and discard the marinade. Place the steak on the unheated rack of a broiler pan. Broil 3 inches from heat for 12 to 15 minutes or to desired doneness, turning steak over after half of the broiling time. Slice the steak diagonally across the grain into very thin slices. Serve with corn salsa and cilantro, if desired. Makes 6 servings.

Nutrition information per serving: *197 cal. (45% from fat), 10 g fat, 44 mg chol., 19 g pro., 9 g carbo., 2 g dietary fiber, 313 mg sodium. U.S. RDA: 14% iron, 19% vit. C, 12% riboflavin.*

continued on page 146

BETTER BURGER!



Turn a cheeseburger into a gee-whiz burger with Green Giant® mushrooms. Plump, juicy, whole or sliced mushrooms from the Green Giant® make everything from burgers to casseroles to sauces more special. And no mushrooms are more special than the Giant's.



THERE REALLY IS A GIANT DIFFERENCE.



SANDWICH SIDEKICKS

Accompany this quick sandwich with clusters of red or green seedless grapes and a handful of pasta chips. Or, cut up raw vegetables, such as broccoli flowerets, carrot sticks, and zucchini slices.

hot pork and apple melts

When you cook a pork roast on the weekend, turn the leftovers into easy, open-face sandwiches for Monday or Tuesday night.

8 oz. sliced, cooked pork (use the reserved pork from Honey Mustard Pork Roast, *at right, or* use thinly sliced deli pork)
1 medium tart apple (such as McIntosh), cored and shredded
¼ cup soft-style cream cheese with chives and onion
4 slices whole wheat bread *or* rye bread, toasted
¼ cup shredded cheddar cheese

● **Up to two days ahead:** Prepare the Honey Mustard Pork Roast, if using for sandwiches. Reserve *8 ounces* of sliced roast for sandwiches.

● **For sandwiches:** In a small mixing bowl stir together apple and cream cheese. Divide pork atop slices of toasted bread. Spread each with some of the apple mixture. Top each with cheese. Place on a baking sheet.

Bake in a 500° oven 5 minutes or till heated through and cheese is melted. Serve warm. Makes 4 servings.

Nutrition information per serving: *258 cal. (45% from fat), 13 g fat, 56 mg chol., 16 g pro., 19 g carbo., 3 g dietary fiber, 362 mg sodium. U.S. RDA: 11% calcium, 10% iron, 38% thiamine, 15% riboflavin, and 21% niacin.*

HONEY MUSTARD PORK ROAST

Trim excess fat from one 3-pound *boneless pork top loin roast.* Season with salt and pepper. Place meat, fat side up, on rack in roasting pan. Insert a meat thermometer. Roast, uncovered, in a 325° oven 1½ to 3 hours or till thermometer registers 160°. Brush ¼ cup *prepared honey mustard* on meat twice during last 15 minutes of cooking. Cover roast with foil; let stand 15 minutes before carving. Reserve *8 ounces* cooked, sliced roast for Hot Pork and Apple melts. Serves 8.

continued on page 148

WHY SWITCH TO PURITAN OIL?

FACT:
Puritan® Oil is lower in saturated fat than corn oil. It's even lower than olive oil. In fact, no other type of oil is lower in saturated fat than Puritan. It's 94% unsaturated.

FACT:
Puritan Oil has always come from the makers of Crisco®. That's why you can be sure there's no heavy oily taste.

FACT:
Puritan Oil has no cholesterol, like all pure vegetable oils. (14 grams of fat per serving.)

Crisco

Puritan

SATURATED FAT PER TABLESPOON

Crisco Puritan	1.0 grams
CORN OIL	2.0 grams
OLIVE OIL	2.0 grams
BUTTER	6.0 grams

GRAMS ARE ROUNDED

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 TABLESPOON(14g)		FAT,g(100%CALORIES FROM FAT)	14
SERVINGS PER BOTTLE	96	POLYUNSATURATED,g	
CALORIES	120	SATURATED,g	4
PROTEIN,g	0	CHOLESTEROL,mg(0mg/100g)	1
CARBOHYDRATE,g		SODIUM,mg	0

CONTAINS LESS THAN 2% OF THE U.S. RDA OF PROTEIN, VITAMIN A, VITAMIN C, THIAMIN, RIBOFLAVIN, NIACIN, CALCIUM AND IRON.

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Crisco Puritan

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7 make-ahead family dinners



MEALTIME CRUNCHIES

For pita chips, split pita bread rounds and cut into wedges; brush lightly with oil or margarine. For extra flavor, sprinkle with red pepper flakes. Bake in a 350° oven about 12 minutes or till crisp and golden brown. Or, look for purchased pita chips at your grocery store or specialty food shop.



greek-style lentil salad

Some evenings call for a light, simple supper, like a salad. Because you can make it ahead, this healthful dish is ready and waiting when mealtime rolls around.

- **¾ cup bulgur**
- **¼ tsp. salt**
- **¾ cup lentils**
- **1 medium tomato, cut into thin wedges**
- **1 small cucumber, quartered lengthwise and sliced**
- **¼ cup chopped red *or* white onion**
- **1 2¼-oz. can sliced pitted ripe olives, drained**
- **1 recipe Greek-Style Vinaigrette**
- **½ cup crumbled feta *or* blue cheese (2 oz.)**

● **Four to 24 hours ahead:** In a medium saucepan bring 1½ cups *water* to boiling; remove from heat. Stir in bulgur and salt. Cover; let stand for ½ hour. Drain thoroughly, pressing bulgur to remove excess water. Rinse and drain the bulgur.

Meanwhile, in another medium saucepan combine lentils and 2 cups *water.* Bring to boiling; cook 20 minutes or till tender. Drain; rinse with cold water. Drain again.

In a large bowl combine the cooked bulgur, cooked lentils, tomato, cucumber, onion, and olives. Toss bulgur mixture with Greek-Style Vinaigrette. Cover; chill at least 4 hours or overnight.

● **Before serving:** Stir in the cheese. Makes 4 main-dish servings.

Greek-Style Vinaigrette: In a screwtop jar combine ⅓ cup *olive oil* or *salad oil,* 3 tablespoons *red wine vinegar,* 1 tablespoon *sugar,* 1 tablespoon *lemon juice,* 1 teaspoon *Dijon-style mustard,* and ½ teaspoon *dried oregano,* crushed. Cover; shake well. Store, covered, in the refrigerator for up to 2 weeks. Shake before serving.

Nutrition information per serving: *498 cal. (41% from fat), 24 g fat, 12 mg chol., 19 g pro., 58 g carbo., 7 g dietary fiber, 809 mg sodium.*

continued on page 150





MIX-AND-MATCH SAUCE OPTIONS

Tailor-make each sauce portion. Add your choice of ingredients:

- ⅓ cup drained, canned garbanzo or black beans
- ¼ cup chopped, cooked chicken or ham
- ¼ cup coarsely chopped artichoke hearts, frozen peas, whole kernel corn, and/or canned sliced mushrooms (drained)
- 2 Tbsp. chopped pepperoni or crumbled, cooked bacon
- 1 Tbsp. sliced ripe olives

mix-and-match marinara

When family members are on different dining schedules, keep single-serving homemade pasta meals in the freezer.

- 1 cup chopped onion
- 2 large cloves garlic, minced
- 1 Tbsp. olive oil *or* cooking oil
- 1 28-oz. can tomatoes, cut up
- 2 Tbsp. tomato paste
- 1 tsp. sugar
- 1 tsp. dried Italian seasoning, crushed
- ¼ tsp. salt
- Dash pepper

• • •

- 8 oz. corkscrew *or* elbow macaroni
- 2 tsp. olive oil *or* cooking oil
- Desired Mix-and-Match Sauce Options (see box, *above*)

● Up to 3 months ahead: For the marinara sauce, in a medium saucepan cook the onion and garlic in the 1 tablespoon hot oil till tender but not brown. Stir in *undrained* tomatoes, tomato paste, sugar, Italian seasoning, salt, and pepper. Bring sauce to boiling. Reduce heat and simmer, uncovered, for 30 minutes or to desired consistency, stirring occasionally.

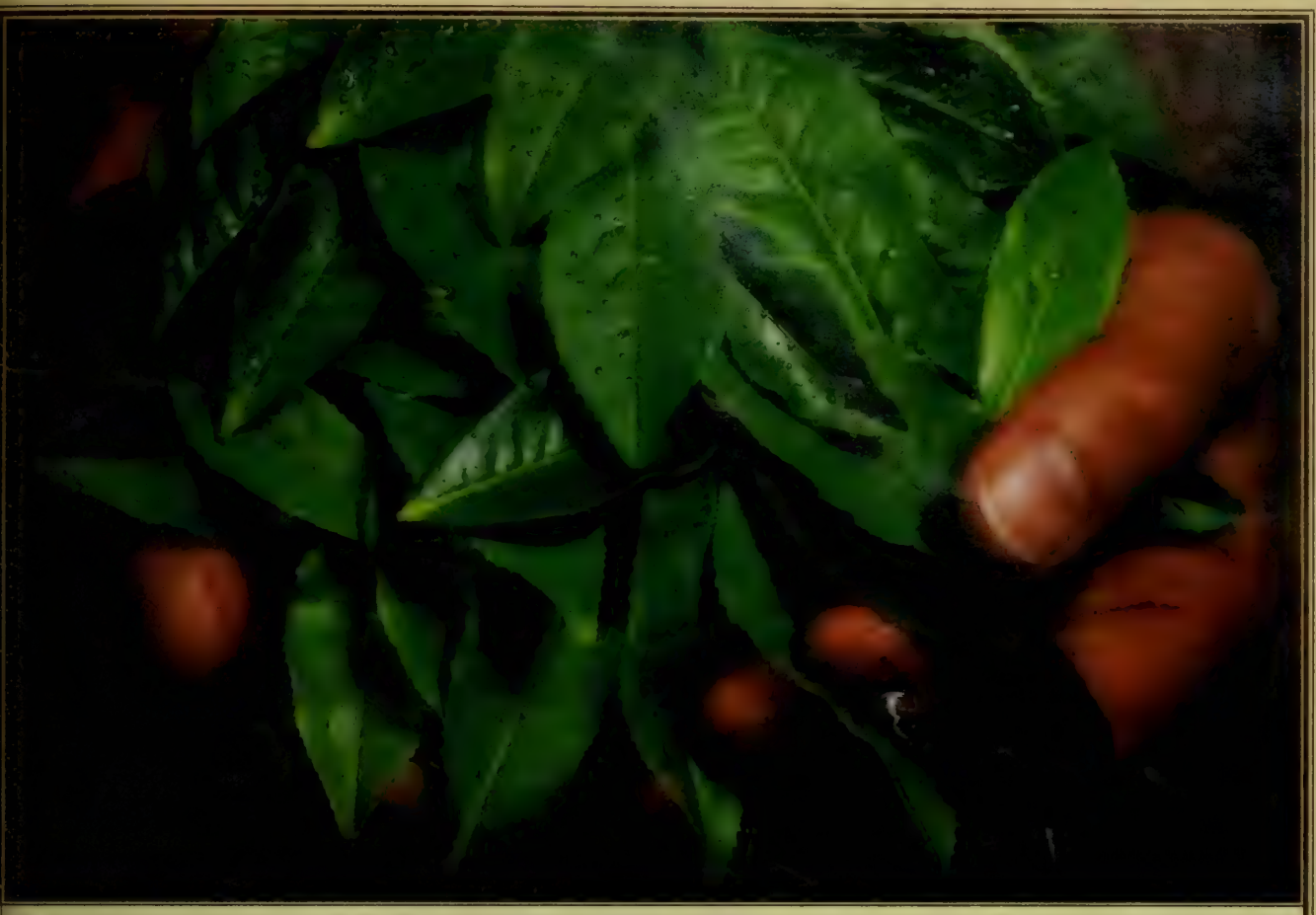
Meanwhile, cook corkscrew or elbow macaroni according to package directions. Drain and toss with the 2 teaspoons oil. Divide pasta among 4 small (about 1 pint) freezer containers. Seal and label.

Ladle the marinara sauce into 4 small freezer containers. Stir *one* or *two* desired mix-and-match sauce options into each sauce container. Seal and label. Freeze sauce and pasta for up to 6 months. Makes 4 servings.

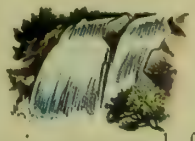
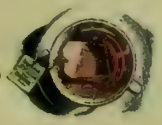
● To reheat 1 serving in microwave: Transfer 1 container frozen marinara sauce and 1 container frozen pasta into 2 separate microwave-safe containers. Cover each container. Microcook sauce on 70% power (medium-high) for 3 minutes. Stir sauce and add the pasta container to the microwave. Cook sauce and pasta for 2 to 3 minutes on medium-high or till heated through, stirring pasta once.

● To reheat conventionally: Transfer 1 container frozen sauce to a small saucepan. Cook over medium-low heat about 10 minutes or till thawed and heated through, stirring occasionally. Meanwhile, in a medium saucepan bring 1 quart water to boiling. Add frozen pasta. Cook for 2 to 3 minutes or just till heated through. Drain thoroughly.

Nutrition information per serving with chicken and corn: *435 cal. (21% from fat), 10 g fat, 31 mg chol., 21 g pro., 67 g carbo., 3 g dietary fiber, 690 mg sodium. U.S. RDA: 12% calcium, 32% iron, 20% vit. A, 68% vit. C, 44% thiamine, 25% riboflavin, 54% niacin.*



At Lipton, We Don't Decaffeinate Extraordinary Tea Leaves Like These In Any Ordinary Way.

There are a lot of tea companies out there using some strange substances to decaffeinate your tea. Things like *methylene chloride*. And *ethyl acetate*. Maybe  it's because their tea leaves aren't worth a better process. At Lipton we decaffeinate with pure spring water and effervescence. Nothing else. After all,  when you've selected tea leaves from the finest tea-producing  countries around the world, it's only natural to  select a better decaffeination process. So instead of using chemicals that remove flavor along with caffeine, we use natural bubbles to  gently wash caffeine away. Which leaves more of our fine tea's flavor where it belongs. In your cup.

This Is **Lipton** Tea Time.

If it tastes too good to be fat free, it's Kraft® Free.®



Who says fat free has to be taste free? Not Kraft® Free.® It's full of flavor. Smooth, creamy flavor. The kind of flavor you might be surprised to find behind a fat free label. Except when that label says Kraft.® So surprise yourself. Try some Kraft® Free® on your next sandwich. If it tastes too good to be fat free, it's you-know-who free.

KRAFT®

Kraft® Free® nonfat mayonnaise dressing has less than ½ gram of fat per one tablespoon serving.

WIN MONEY FOR YOUR RECIPES
See Page 156 For Details

PRIZE TESTED RECIPES®

LOW-FAT ENTREES

File under Fish and Shellfish or Meat
February, 1992



$200 WINNER *Laurie Watson, St. Louis, Mo.*

ISLAND SWORDFISH

You'll be amazed at how scrumptious, and healthful, this recipe is—

- ½ cup chopped fresh *or* canned mango *or* thawed, frozen peaches
- ¼ cup chopped avocado
- ¼ cup chopped red sweet pepper
- 2 Tbsp. chopped red onion
- 2 Tbsp. lime *or* lemon juice
- 1 Tbsp. snipped fresh cilantro *or* parsley
- 1 tsp. grated gingerroot *or* ¼ tsp. ground ginger
- 2 cloves garlic, minced
- Dash bottled hot pepper sauce (optional)
- 1 tsp. finely shredded lime *or* lemon peel
- ¼ cup lime *or* lemon juice
- 3 Tbsp. dry white wine
- 1 Tbsp. orange liqueur (optional)
- ½ tsp. pepper
- 4 4-oz. swordfish steaks (about ¾ inch thick)

In bowl stir together mango or peaches, avocado, red pepper, onion, the 2 tablespoons lime or lemon juice, cilantro or parsley, ginger, garlic, and hot pepper sauce. Cover and chill. (Let salsa stand at room temperature 20 minutes before serving.)

For marinade, in small bowl stir together the lime or lemon peel, remaining lime or lemon juice, wine, liqueur, and pepper. Place fish steaks in a shallow dish; pour marinade over fish steaks. Cover and chill 1 hour; drain, discarding marinade.

Spray the unheated rack of a broiler pan with *nonstick spray coating;* place fish on rack. Broil 4 to 5 inches from heat for 8 to 12 minutes or till fish flakes easily with a fork, turning once during cooking. To serve, top fish with fruit salsa. Makes 4 servings.

Nutrition information per serving: *198 cal. (32% from fat), 7 g fat, 45 mg chol., 23 g pro.,*

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

LIGHT DESSERTS

File under Desserts
February, 1992



$200 WINNER *Georgia Baciu, Friday Harbor, Wash.*

BLACKBERRY FROZEN YOGURT

This frosty delight has less than 1 gram of fat and only 106 calories per serving—

- 2 cups frozen *or* fresh unsweetened blackberries *or* one 16½-oz. can blackberries, drained
- ⅓ to ½ cup sugar
- 1 tsp. unflavored gelatin
- ½ cup skim milk
- 1 8-oz. carton plain nonfat yogurt
- 1 Tbsp. finely shredded orange peel
- ¼ cup orange juice

Thaw berries, if frozen. Meanwhile, in medium saucepan combine sugar and gelatin; stir in milk and ¼ cup *water.* Heat just till gelatin dissolves. Set aside to cool.

In a food processor bowl process berries till smooth. Press through sieve; discard seeds. Stir puree, yogurt, orange peel, and juice into gelatin mixture. Turn into a 2-quart electric ice-cream freezer. Freeze according to manufacturer's directions. (*Or,* pour into a 9x5x3-inch pan. Cover; freeze about 6 hours. Break into chunks. Transfer to a chilled bowl. Beat with an electric mixer till smooth but not melted. Return to cold loaf pan. Cover; freeze about 8 hours.) Makes six ½-cup servings.

Nutrition information per serving: *106 cal. (3% from fat), 0.3 g fat, 1 mg chol., 4 g pro., 24 g carbo., 41 mg sodium. U.S. RDA: 15% vit. C, 15% calcium.*



PRIZE TESTED RECIPES® TO ADD TO YOUR COOKBOOKS

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The 10th Edition of the famous red plaid *New Cook Book* has 1,500

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

LIGHT DESSERTS

File under Desserts
February, 1992



$100 WINNER *Gloria Bellew, Oneonta, Ala.*

CHOCOLATE-MINT CHEESECAKE

Save about 520 calories and 32 grams of fat compared to a higher-fat cheesecake recipe—

½ cup crushed chocolate wafers (about 7)
1 cup low-fat cottage cheese
1 8-oz. pkg. light cream cheese (Neufchâtel)
1 cup sugar
⅓ cup unsweetened cocoa powder
3 Tbsp. crème de menthe liqueur
1 tsp. vanilla
½ cup (4 oz.) frozen egg product, thawed
3 Tbsp. miniature semisweet chocolate pieces
Halved, fanned whole strawberries *or* other fresh fruit (optional)

Sprinkle wafer crumbs evenly in the bottom of an 8-inch springform pan. Set aside.

In a food processor bowl or blender container, cover and process or blend cottage cheese till smooth. Add cream cheese, sugar, cocoa powder, liqueur, and vanilla. Blend or process till combined. (Mixture will be thick; scrape the sides of the bowl, if necessary.) Transfer to a large mixing bowl. Stir in egg product and chocolate. Pour into prepared pan. Bake in a 300° oven for 35 to 40 minutes or till cheesecake appears nearly set when shaken. Cool on a wire rack for 10 minutes. *Loosen sides of pan. Cool 30 minutes more; remove sides of pan. Cool completely. Cover; chill several hours or overnight. Garnish with strawberries or other fruit, if desired. Makes 12 servings.

***Note:** Follow 10-minute cooling time before loosening from pan. Otherwise, the cheesecake may crack.

***Nutrition information per serving:** 175 cal. (34% from fat), 7 g fat, 16 mg chol., 6 g pro., 22 g carbo., 0 g dietary fiber, 176 mg sodium*

Clip along here and file punched pages in your *New Cook Book*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

LOW-FAT ENTRÉES

File under Poultry or Meat
February, 1992



$100 WINNER *Purveen Canteenwala, San Jose, Calif.*

SPICY GINGER-GARLIC CHICKEN

The special mix of ginger, garlic, cinnamon, and cardamom gives Purveen's aromatic dish its mouth-watering appeal—

4 cloves garlic, minced
1½ tsp. grated gingerroot
½ tsp. salt
¼ to ¾ tsp. ground red pepper
¼ tsp. black pepper
¼ tsp. ground cinnamon
¼ tsp. ground cardamom
1 Tbsp. catsup
1 Tbsp. red wine vinegar
1 tsp. water
8 skinless, boneless, chicken breast halves (2 lb.)

In a small bowl combine garlic, gingerroot, salt, red pepper, black pepper, cinnamon, and cardamom. Stir in catsup, vinegar, and water. Brush both sides of each chicken breast with garlic mixture. Place chicken in a shallow baking pan. Bake, uncovered, in a 375° oven for 45 to 55 minutes or till no longer pink. Makes 8 servings.

***Nutrition information per serving:** 126 cal. (24% from fat), 3 g fat, 59 mg chol., 21 g pro., 1 g carbo., 0 g dietary fiber, 210 mg sodium. U.S. RDA: 58% niacin.*

Photographs: Scott Little

CHICKEN RICE FLORENTINE • BEEF TERIYAKI • FAJITA RICE • OLD FASHIONED RICE PUDDING • STUFFED PEPPERS •

MINUTE

• ORIGINAL INSTANT RICE •

• CHICKEN BIRYANI • MUSHROOM AND RICE PRIMAVERA • STIR FRY BEEF AND RICE • SPANISH RICE • CHICKEN TERIYAKI AND PINEAPPLE RICE •



STIR-FRY CHICKEN & BROCCOLI

- 1 lb. chicken breast strips
- 2 tablespoons oil
- 4 cups vegetables (broccoli florets, pepper strips, sliced water chestnuts)
- 1½ cups chicken broth
- 3 tablespoons soy sauce
- 2 tablespoons cornstarch
- 2 teaspoons brown sugar
- 1 teaspoon garlic powder
- ¾ teaspoon ground ginger
- 1½ cups Original MINUTE® Rice



► Stir-fry chicken in hot oil in large skillet until browned. Add broccoli, pepper and water chestnuts; stir-fry until crisp-tender.

► Mix broth, soy sauce, cornstarch, sugar, garlic powder and ginger; add to skillet. Bring to boil; boil one minute.

► Meanwhile, prepare rice as directed on package. Serve chicken and vegetables over rice. Makes 4 servings.

FAST, EASY AND ALWAYS DELICIOUS

RICE-IPES

SHRIMP SCAMPI • STEAK AND PEPPER RICE • ORANGE CHICKEN WITH RICE

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WIN MONEY

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TWO TOP WINNERS: $200
TWO RUNNERS-UP: $100
SIX HONOR ROLLS: CORNING WARE COOKWARE

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send recipes that fit the two recipe categories. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Sandwich Creations

If you create a sandwich that even Dagwood would envy, send in the recipe. It may be a meat, cheese, or vegetable sandwich, on any type of bread, open-faced or not, and hot or cold.

Coffee Cakes

Send us your special coffee cake recipes. Is it fruit-, nut-, or spice-filled? Baked in an unusual shape or streusel-topped? Do you use a refrigerated or frozen convenience item or a mix?

WINNERS IN THIS ISSUE (pages 153 and 154)

$200 Winners

Georgia Baciu, *Friday Harbor, Wash.*
Laurie Watson, *St. Louis, Mo.*

$100 Winners

Gloria Bellew, *Oneonta, Ala.*
Purveen Canteenwala, *San Jose, Calif.*

Honor Roll Winners

Each received an Oneida tray.
Dianne Allen, *Olympia, Wash.;* Nancy Jacobson, *Cut Bank, Mont.;* Wendy Leece, *West Bend, Wis.;* Cornelia Miller, *Murfreesboro, Tenn.;* Dorothy Poppleton, *Clifton Park, N.Y.;* Zenia Rafferty, *Tampa, Fla.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "September Sandwich Creations" or "September Coffee Cakes." Specify ingredient brands and recipe origin. **3.** Address recipes to 9209 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark entries by February 29, 1992. **5.** Winners are selected 60 days later, then notified by mail. **6.** Entries must be original. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items have been omitted from the listing.

AMAZING LACE

Page 73: All decorative wall finishes—Bruce Burstert, 1612 Westport Rd., Kansas City, MO 64111. **Pages 74–75: Curtain rods, rosettes**—D. A. Rinedollar, P.O. Box 348, Clarksville, MO 63336. **Page 77: Iron window latch**—D. A. Rinedollar (address above).

A NEW HOME TO GO TO

Page 87: Computer-controlled wiring system—Elan Advanced Home Network, Square D, 2 Lexington Green, Ste. 300, 3203 Nicholasville Rd., Lexington, KY 40503. **Plumbing supply lines**—Vanguard Plastics, 831 N. Vanguard St., McPherson, KS 67460. **Wallboard**—Highland American, 3 Dexter Rd., East Providence, RI 02914. **Oriented strandboard**—Weyerhaeuser Co., Tacoma, WA 98477. **Parallam beams**—MacMillan Bloedel of America, Inc., 1175 Derwent Way, Annacis Island, BC, V3M 5R1, Canada. **I-Beams**—Willamette Ind., Inc., P.O. Box 907, Albany, OR 97321. **Glulams**—Rosboro Lumber Co., P.O. Box 20, Springfield, OR 97477. **All furniture throughout story**—Thomasville Furniture Ind., P.O. Box 339, Thomasville, NC 27360, 800/225-0265. **Scotchgard treatment**—3-M Corp., 530 Fifth Ave., New York, NY 10036. (***Top left***): **Doors**—Nord Door Co., Div. of JELD-WEN, 3303 Lakeport Blvd., Klamath Falls, OR 97601-1094. **Windows throughout story**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Stucco finish**—Weatherhall Co., 2261 Carriage Dr., Rolling Hill Estate, CA 90274. (***Top right***): **Fireplace**—Heatilator, Inc., Div. of HON Ind., 1915 W. Saunders Rd., Mt. Pleasant, IA 52641. **Poster above fireplace**—Poster Originals, Ltd., 330 Hudson St., New York, NY 10013. **Lancaster wing chair**—Country Inns and Back Roads™ Collection, Thomasville Furniture Ind.; 800/225-0265. **Frog vases**—In the Company of Flowers, 88 Main St., Keene, NH 03431. (***Bottom right***): **Doors**—Nord Door Co. (address above). **Door hardware**—Baldwin Hardware Corp., P.O. Box 82, 841 Wyomissing Blvd., Reading, PA 19603. **Wood floor**—Mannington Wood Floors, 1327 Lincoln Dr., High Point, NC 27260. **Carpet, "Island Lagoon"**—Genesis, Certified by Amoco, 900 Circle 75 Pkwy., Suite 550, Atlanta, GA 30339; 800/543-6374.

Pages 88–89: Stucco finish—Weatherhall Co. (address above). **Roofing**—IKO Ind., 6600 S. Central Ave., Chicago, IL 60638. **Paint throughout story**—Sherwin-Williams, 101 Prospect Ave., NW, Cleveland, OH 44115. **Doors**—Nord Door Co. (address above). **Door hardware**—Baldwin Hardware Corp. (address above). **Deck lumber**—Dek-Block, Shellrock Ind., 7301 Ohms Lane No. 445, Edina, MN 55439. **Spa, "Hot Springs"**—Watkins Mfg., 1280 Park Center Dr., Vista, CA 92083. **Deck furniture**—Rubbermaid-Allibert, 1200 Hwy. 20, S, P.O. Box 1200, Stanley, NC 28164.

Pages 90–91 (*left*): Wood floors—Mannington Wood Floors (address above). **Sea Captain's sofa table, American Parlor love seat, Yankee pedestal table, Federal chairs**—Country Inns and Back Roads™ Collection, Thomasville (address above). **Area rug, "Sweater Time,"** Trans-Ocean—Country Inns and Back Roads™ Collection, Thomasville (address above). **Posters**—Poster Originals, Ltd. (address above). **Table lamp**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062. (***Top right***): **Doors**—Nord Door Co. (address above). **Track lighting**—Progress Lighting, Erie Ave. and G. St., Philadelphia, PA 19134-1386. **Carpet on stairs, "Island Lagoon"**—Genesis, Certified by Amoco (address above). **Barnstable blanket chest, American Parlor love seat, Jackson's Gentleman's chest, Cape Cod chair, Cottage sideboard**—Country Inns and Back Roads™ Collection, Thomasville (address above). **Black pillows,** Pillows of California—Country Inns and Back Roads™ Collection, Thomasville (address above). **Bird**

continued on page 162

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BETTER HOMES AND GARDENS®

HOME IMPROVEMENT CONTEST

MORE THAN $75,000 IN PRIZES! HERE'S HOW TO WIN

Get a real bang—and big bucks—from your next home fix-up project. You may win a top award and your project may appear in our magazine!

PICK YOUR CATEGORY

You can win in any of eight categories. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category.

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interior Remodelings
- Additions
- Whole-House Remodelings
- Daylighting

Cash Awards

Grand Prize: $10,000 Grand Prize
Two Runners-Up: $4,000 each
Six awards in each of the eight categories:

Class A:	**$1,000**
Class B:	**$500**
Class C:	**$250**
Merit Awards	**$100**

(Three merit winners in each class)

Special Cosponsor Awards

A Class A, B, or C winner in any of the eight categories who uses products from 15 or more cosponsors will win a bonus of $2,000.*

Win Additional Prizes

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project (see list of cosponsors, far right).* Examples: a kitchen revamp that includes new appliances and cabinets, or a family room addition that includes new windows and interior and exterior paint.

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1992 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

**These prizes are void in Arizona, Maryland, and Vermont.*

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank, *below*, or a photo copy, by October 1, 1992. We'll send you complete details and entry materials, along with our official entry form.

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, Before and After photos, and receipts that could make your project a winner.) **All final entries must be postmarked by February 1, 1993.**

3. THE WINNERS: Winners will be selected on or about May 31, 1993. We will notify all winners by mail and publish the top winner in each category in our November 1993 issue.

Following is a list of cosponsors providing $500 for best use of product. (Watch for additional cosponsor special awards ranging in value from $350 to $10,500, to be announced in March 1992.)

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The Genie Company
Heat-N-Glo Fireplace Products, Inc.
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In-Sink-Erator®
KitchenAid
Kmart Corporation
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Lane Recliners
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Lyons Industries, Inc.
Mannington Wood Floors
Marvin Windows
Merillat Industries
Minwax® Company, Inc.
Monsanto Wear-Dated® Traffic Control Fiber System, and Acrilan® Plus Carpeting
Overhead Door Corporation
Pella® Windows and Doors/Rolscreen Company
Pittsburgh Corning PC Glassblock® Products
Rubbermaid Incorporated Housewares Products Division
RUST-OLEUM® Corporation
Tarkett® Inc.
Thomasville Furniture Industries
The Toro Company, Home Improvement Division Outdoor Lighting Products
3M NewStroke Paint Brushes
True Value Hardware Stores/Tru-Test Paints
VELUX® Roof Windows and Skylights
Waverly
Whirlpool Corporation (Whirlpool Brand)

Better Homes and Gardens®

HOME IMPROVEMENT CONTEST

PRELIMINARY ENTRY BLANK

Must be postmarked no later than October 1, 1992

SEND $2.00 FOR POSTAGE AND HANDLING TO:

Better Homes and Gardens®
Home Improvement Contest
P.O. Box 9214
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Be sure to check the box(es) that best describes the project(s) you plan to complete in 1992

❑ 1. Exterior Fix-Ups ❑ 2. Outdoor Improvements ❑ 3. Kitchen Shape-Ups
❑ 4. Bathroom Remodelings ❑ 5. Interior Remodelings ❑ 6. Additions
❑ 7. Whole-House Remodelings ❑ 8. Daylighting

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

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continued from page 156

cage—From the Four Corners™ Collection, Thomasville (address above). **(*Bottom right*): Barnstable blanket chest, Lancaster wing chair, Plymouth Lady wing chair at desk, Carriage House lamp table; vase, pen box on desk,** Nora Fenton, Inc.; **Leather frames and box,** Friendly Hearts Ltd.—Country Inns and Back Roads™ Collection, Thomasville (address above). **Desk**—From The Four Corners™ Collection, Thomasville (address above). **Desk lamp**—Crate and Barrel (address above). **Frog vases**—In the Company of Flowers, (address above). **Table lamp,** "Feather"—George Kovacs, Inc., 330 E. 59th St., New York, NY 10022. **Decanters**—Block China Corp., 11 E. 26th St., New York, NY 10010. **Fireplace**—Heatilator, Inc., Div. of HON Ind. (address above). **Wood floor**—Mannington Wood Floors (address above).

Pages 92–93 (*top left*): Wood floor—Mannington Wood Floors (address above). **Window blinds**—Hunter Douglas Duette Window Fashions, 1 Duette Way, Broomfield, CO 80020, 800/32STYLE. **William and Mary gateleg table, American Fancy chairs**—Country Inns and Back Roads™ Collection, Thomasville (address above). **(*Bottom left*): Cabinets**—Merillat Ind., Inc., P.O. Box 1946, Adrian, MI 49221. **Laminated countertops**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Cooktop, microwave**—Whirlpool Phillips, Int'l., 2000 US North, Benton Harbor, MI 49022. **Sink, faucets**—American Standard, 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068. **Recessed canister lights**—Progress Lighting (address above). **Paint**—Sherwin-Williams (address above). **Poster**—Poster Originals, Ltd. (address above). **Lamps**—George Kovacs (address above). **Country cupboard, Green Mountains lounge chair**—Country Inns and Back Roads™, Thomasville (address above). **Sofa, leather ottoman**—Thomasville Upholstery, Inc. (address above). **Carved birds**—The Painted Bird, 12 Main St., N, Woodbury, CT 06798.

Pages 94 (*top*): Window blinds—Hunter Douglas Duette Window Fashions (address above). **Wood floor**—Mannington Wood Floors (address above). **Area rug,** "Fireside Tartan" Trans-Ocean—Country Inns and Back Roads™ Collection, Thomasville (address above). **Afternoon tea table, Townsend love seat, Plymouth Lady wing chair, Hudson River bedside table, Kennebunkport Canopy poster bed**—Country Inns and Back Roads™ Collection, Thomasville (address above). **Floor lamp**—George Kovacs (address above). **Table lamp**—Crate & Barrel (address above). **Printed upholstery fabrics, comforter, sofa pillows** "Country Inn Floral," "Country Inn Stripe" Country Inns and Back Roads™ Collection—Waverly; 800/423-5881. **Tulip prints**—H.A. DeNunzio Co., Inc.,—Country Inns and Back Roads™ Collection, Thomasville (address above). **Plant stand, Palecek**—Country Inns and Back Roads™ Collection, Thomasville (address above). **Carved birds**—The Painted Bird (address above). **Fabric covered trunks, boxes, frames,** Friendly Hearts, Ltd.—Country Inns and Back Roads™ Collection, Thomasville (address above). **(*Center*): Ceramic wall and floor tiles**—Mannington Ceramic Tile, P.O. Box 1777, Lexington, NC 27292. **Whirlpool tub, sink, faucets, towel bar**—American Standard (address above). **Track lighting**—Progress Lighting (address above). **Baskets, Palecek**—Country Inns and Back Roads™ Collection, Thomasville (address above). **(*Bottom*): Window blinds,** "Baroque"—Hunter Douglas Duette Window Fashions (address above). **Furniture**—Solitaire Collection, Thomasville (address above). **Poster**—Poster Originals, Ltd. (address above). **Comforter, pillow sham,** "Country Inn Stripe," Country Inns and Back Roads™ Collection—Waverly (address above). **Desk lamp**—Koch & Lowy, 487 W. Main St., Avon, MA 02322. **Bookends**—Guildmaster, P.O. Box 10725, Springfield, MD 65808.

Page 96: (*Right*): Ceramic tiles—Mannington Ceramic Tile (address above). **Whirlpool tub, sinks, faucets, toilet**—American Standard (address above). **Cabinets**—Merillat Ind., Inc. (address above). **Skylight window**—Andersen Corp. (address above). **Carved bird**—The Painted Bird (address above). **(*Left*): Sink, faucet, toilet**—American Standard (address above). **Vinyl floor**—Mannington Resilient Floors, P.O. Box 30, Salem, NJ 08079; 800/FLOORUS. **Cabinets**—Merillat Ind., Inc. (address above). **Poster**—Poster Originals, Ltd. (address above).

ELEGANT EAT-IN KITCHENS

Pages 104–105: Gas cooktop—Thermador/Waste King, 5119 District Blvd., Los Angeles, CA 90040. **Double convection oven, island cooktop**—Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226. **Dishwasher, TV**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Refrigerator, built-in toaster**—Modern Maid Co., 403 N. Main St., Topton, PA 19562. **Skylight**—Roto Frank of America, Inc., P.O. Box 599, Chester, CT 06412; 800/243-0893. **Hanging light fixture**—Frederick Raymond, 16121 S. Carmenita Rd., Cerritos, CA 90701. **French doors**—Wing Ind., P.O. Box 38347, Dallas, TX 75238. **Paint trim on baseboard, doors,** "China White"—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **Faucets**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Recessed ceiling lights**—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068.

Pages 106–107: Cabinet hardware—Carl's Tru Value, 78 N. Elm St., Torrington, CT 06790. **Barstools**—Amisco, Box 9584, Friendship Station, Washington, DC 20016. **Ceramic tile floor**—Crossville Ceramics, Cumberland County Industrial Park, Crossville, TN 38555. **Countertops**—Formica Corp., 10155 Reading Rd., Cincinnati, OH 45241. **Built-in convection range**—Jenn-Air Co. (address above). **Recessed lights**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **Hanging light fixture over table**—Artemide Inc., International Design Center of New York, 30-30 Thomson Ave., Center No. 1, Space 258, Long Island, NY 11101. **Refrigerator, trash compactor**—Kenmore/Sears, Roebuck & Co., Sears Tower, 233 S. Wacker Dr., Chicago, IL 60684. **Microwave**—GE Appliances (address above). **Sink**—Elkay Mfg. Co. (address above). **Faucet,** "Eurostyle"—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Glass block**—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5762 or 800/992-5769. **Paint,** "Ostrich Feather"—Sherwin-Williams, 101 Prospect Ave., NW, Cleveland, OH 44115.

VICTORIAN VALENTINES

Page 113: Wire edge ribbon—C. M. Offray & Son, Inc., Rt. 24, Box 601, Chester, NJ 07930-0601.

Page 114: Heart sachet evenweave fabric, "Murano"—Zweigart, Joan Toggitt, Ltd., Weston Canal Plaza, 2 Riverview Dr., Somerset, NJ 08873-1139. **Silk floss**—The Caron Collection, 67 Poland St., Bridgeport, CT 06605; 203/333-0325. **Au Ver a Soie, Soie Perlee, Baiger blending filament**—Kreinik Mfg. Co., P.O. Box 1966, Parkersburg, WV 26102. **Flower Thread**—DMC Corp., Port Kearny Bldg. No. 10, S. Kearny, NJ 07032-0650. **Pleated ribbon**—C.M. Offray & Son, Inc. (address above).

Page 115: Platter, teacup, saucer, and plate—Royal Albert of New England, available at Macys, Harold Square, New York, NY 10016.

Page 119: Velvet Pouch—Pantry Hearth, 121 E. 35th St., New York, NY 10016.

Page 120: Goblet—Gerry Tandy Antiques, 1012 Park St., Peekskill, NY 10566.

MAKE-AHEAD DINNERS

Page 138: Silverware, "Floral Queen"—Oneida Ltd., Oneida, NY 13421. **Plate,** "Desert Roses"—Wedgwood Consumer Operations, 1330 Campus Pky., Neptune, NJ 07753.

Page 140: Pottery plate, "Campagna"—Vietri Inc., P.O. Box 460, Hillsborough, NC 27278. **Spoon,** "Celestial"—Farberware, Inc., 1500 Bassett Ave., Bronx, NY 10461.

Page 142: Fork, "Octa"—Wilkens, Grainware, 225 Fifth Ave., Room 901, New York, NY 10010.

Page 144–145: Napkin, "Rio Carnivale"—Sybaritic Ind., Ltd., 115 Tompkins Ave., Pleasantville, NY 10570. **Plate**—Roberta Fortune's Almanac, 150 Chestnut St., San Francisco, CA 94111-1004.

Page 146: Plate—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133.

Page 148–149: Plate—Bergdorf Goodman, 754 Fifth Ave., New York, NY 10019.

Page 150: Plate—A Mallory, 1977 S. Sepulveda Blvd., Los Angeles, CA 90025.

PRIZE TESTED RECIPES®

Page 153 (*left*): Glass, "Pyramide"—Durand Int'l., Wade Blvd., Millville, NJ 08332. **(*Right*): Plate**—Viking Glass Co., P.O. Box 459, New Martinville, WV 26155. **Spoon,** "Ward Bennet"—Sasaki, 41 Madison Ave., New York, NY 10010. **Glass**—Wolfman Gold & Good Co., 116 Green St., New York, NY 10012.

Page 154 (*right*): Plate, "Tosca"—Lenox China, Inc., 100 Lenox Dr., Lawrenceville, NJ 08648. **Glass,** "Premier"—Schott-Cristal, Zwiesel Glass Inc., 3 Odell Plaza, Yonkers, NY 10701.

DIRECTORY OF ARCHITECTS, DESIGNERS

A NEW HOME TO GO TO

Pages 87–97: Project co-sponsors—American Plywood Assoc., P.O. Box 11700, 7011 S. 19th St., Tacoma, WA 98411. **Builder**—Amos Winter Homes, RR5, Box 168-B, Glen Orne Dr., Brattleboro, VT 05301. **Interior designer**—Suzy Taylor, 3 Cook St., P.O. Box 506, Washington Depot, CT 06794.

ELEGANT EAT-IN KITCHENS

Pages 104–105: Desiger—Bill Rundlett, 27 Wood Lane, Maynard, MA 01754.

Pages 106–108: Builder—Michael O'Rorey, 1536 R Fourth Ave., Arnold, PA 15068. **Designer**—Sandra Woncheck, 260 Marlboro Dr., New Kensington, PA 15068.

VICTORIAN VALENTINES

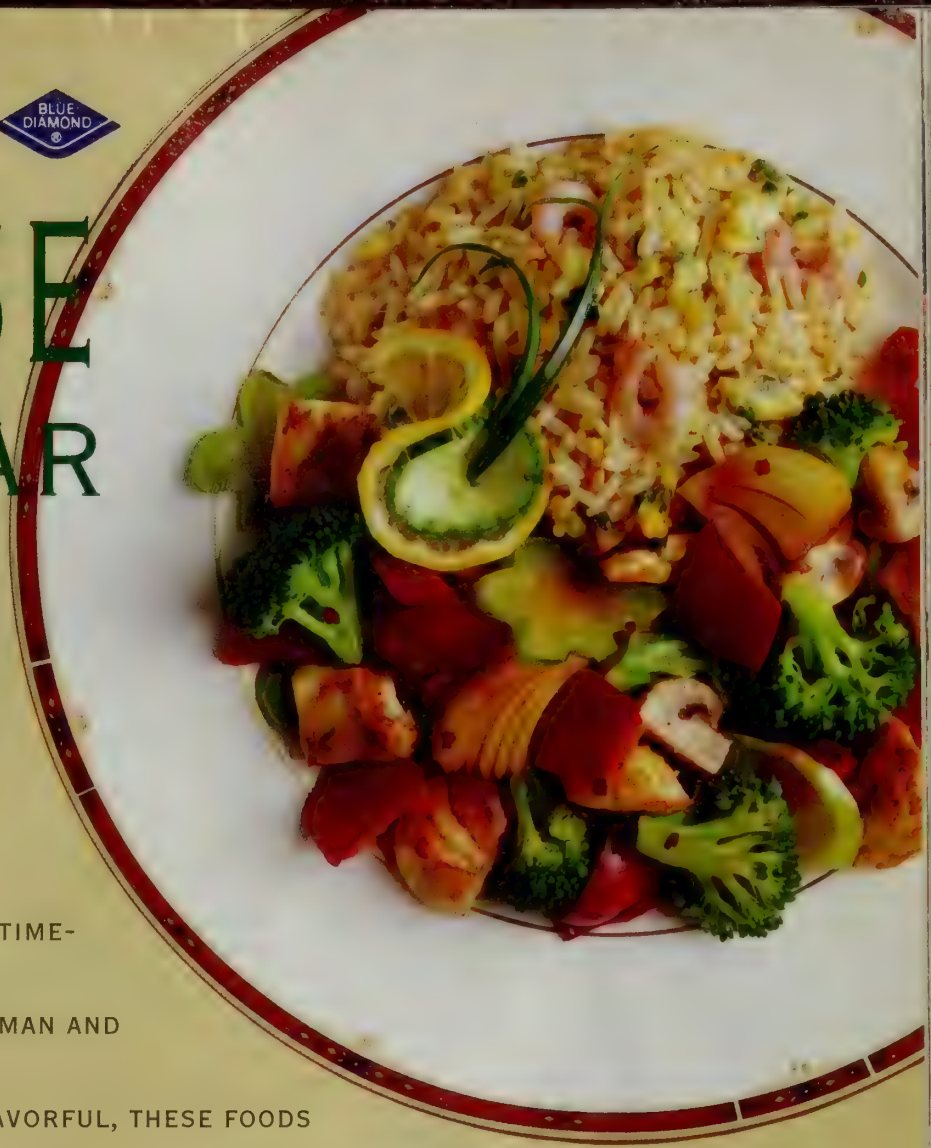
Pages 113–135: Decorated candy box—Barb Vaske. **Cross-stitch heart sachet**—Dixie Falls. **Heart pin**—Abby Ruoff. ⊞

KIKKOMAN

BLUE DIAMOND

CHINESE NEW YEAR

A CELEBRATION OF GOOD TASTE



THIS YEAR, THERE'S A GOOD REASON TO CELEBRATE THE CHINESE NEW YEAR — TASTY, TIME-SAVING RECIPES FROM KIKKOMAN AND BLUE DIAMOND. FAST YET FLAVORFUL, THESE FOODS ALLOW PLENTY OF TIME FOR THE FUN AND FESTIVITIES DESCRIBED ON THE NEXT FEW PAGES. JOIN US, AS WE WELCOME THE 4,690TH LUNAR YEAR, THE YEAR OF THE MONKEY.

Shrimp Fried Rice,
Jade & Ruby Stir-Fry



DRAGON DANCES ARE ONE OF THE HIGHLIGHTS OF THE LANTERN FESTIVAL, WHICH MARKS THE TRADITIONAL NEW YEAR CELEBRATION.



BETTER HOMES AND GARDENS TEST KITCHEN

This seal assures you that every recipe appearing in *Chinese New Year: A Celebration of Good Taste* has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets high standards of taste appeal.

CHINESE NEW YEAR

YEAR-ROUND ENJOYMENT

CHINESE NEW YEAR OFFICIALLY FALLS ON FEBRUARY 4, BUT YOU CAN ENJOY THE GOOD TASTE OF KIKKOMAN AND BLUE DIAMOND PRODUCTS EVERY DAY OF THE YEAR. KIKKOMAN CAN ENHANCE AND ENRICH ALMOST EVERYTHING YOU COOK, NOT JUST YOUR ORIENTAL SPECIALTIES. STIR A COUPLE OF TABLESPOONS OF NATURALLY BREWED KIKKOMAN SOY SAUCE OR LOW-SODIUM LITE SOY SAUCE INTO CHICKEN SOUP, BEEF STEW, CHILI OR YOUR FAVORITE PASTA. FOR SIMPLE, SAVORY BURGERS, ADD 2 TABLESPOONS KIKKOMAN TERIYAKI MARINADE & SAUCE OR LOW- SODIUM LITE TERIYAKI MARINADE & SAUCE TO 1 POUND OF GROUND BEEF. OR JUST BRUSH THICK KIKKOMAN TERIYAKI BASTE & GLAZE ON CHICKEN OR STEAK FOR A QUICK TREAT.

LUCKY FOOD

TANGERINES, A NEW YEAR FAVORITE, ARE CONSIDERED A LUCKY FOOD.

SHRIMP FRIED RICE

Pictured on previous page.

2 eggs
2 tablespoons water
2 tablespoons vegetable oil
3 green onions & tops, chopped
3 cups cold cooked rice
¼ pound cooked baby shrimp
3 tablespoons Kikkoman Lite Soy Sauce

Blend eggs and water; set aside. Heat oil in hot wok or large skillet over medium heat. Add green onions; stir-fry for 30 seconds. Add egg mixture; scramble. Stir in rice, gently separating grains. Add shrimp and lite soy sauce; cook, stirring, until thoroughly heated. Makes 6 servings.

JADE & RUBY STIR-FRY

Pictured on previous page.

2 boneless, skinless chicken breast halves
1 pound fresh broccoli
2 tablespoons vegetable oil
1 medium onion, chunked
2 medium-size red bell peppers, chunked
½ pound fresh mushrooms, quartered
⅓ cup Kikkoman Stir-Fry Sauce
¼ teaspoon crushed red pepper

Cut chicken into 1-inch square pieces. Cut broccoli flowerets into bite-size pieces and peeled stalks into thin slices. Heat oil in hot wok or large skillet over high heat. Add chicken; stir-fry 1 minute. Add broccoli and onion; stir-fry 1 minute. Add 2 Tbsp. water; cover and cook 2 minutes, stirring once. Add bell peppers and mushrooms; stir-fry 3 minutes. Add stir-fry sauce and crushed red pepper. Cook, stirring, until chicken and vegetables are coated with sauce. Makes 4 to 6 servings.



Vegetarian Tofu Stir with almonds



VEGETARIAN TOFU STIR-FRY

Pictured above.

1 block firm tofu
2 tablespoons vegetable oil
1 teaspoon minced fresh ginger root
1 medium onion, chunked
⅛ teaspoon salt
6 ounces fresh snow peas, trimmed and cut diagonally in half
⅓ cup Kikkoman Stir-Fry Sauce
2 medium-size fresh tomatoes, chunked
¼ cup Blue Diamond Slivered Almonds

Cut tofu into ½-inch cubes; drain well on several layers of paper towels. Heat oil in hot wok or large skillet over high heat. Add ginger; stir-fry 30 seconds or until fragrant. Add onion and salt; stir-fry 2 minutes. Add snow peas; stir-fry 1 minute. Add stir-fry sauce, tomatoes and tofu. Gently stir to coat tofu and vegetables with sauce. Reduce heat and cook only until tomatoes and tofu are heated through. Sprinkle with almonds; serve immediately. Makes 4 servings.



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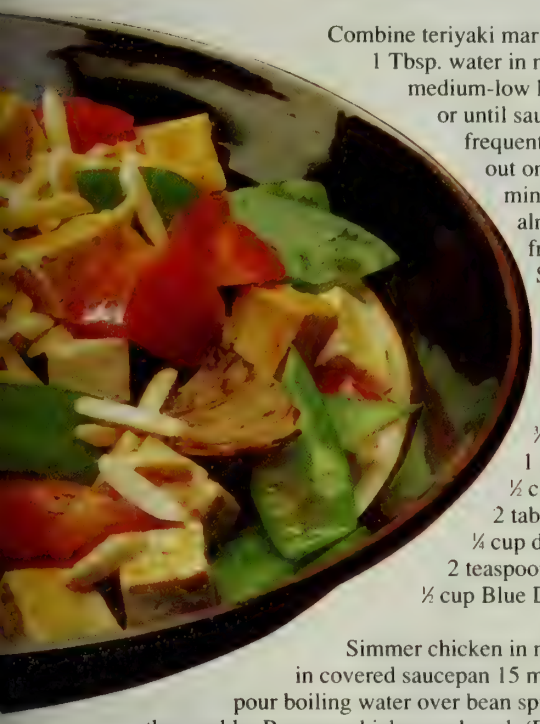
KIKKOMAN



SICHUAN ALMONDS

2 tablespoons Kikkoman Teriyaki Marinade & Sauce
1 teaspoon brown sugar
⅛ to ¼ teaspoon Tabasco pepper sauce
1 cup Blue Diamond Toasted No-Salt Almonds
½ teaspoon vegetable oil

Combine teriyaki marinade & sauce, brown sugar, pepper sauce and 1 Tbsp. water in narrow 1-quart saucepan. Bring to boil over medium-low heat. Stir in almonds and boil about 5 minutes, or until sauce is absorbed by almonds, stirring frequently. Add oil and toss almonds until coated; turn out onto baking sheet, separating almonds. Bake 5 minutes in preheated 250° F. oven; stir and turn almonds over. Bake 5 minutes longer. Remove from pan to large plate; cool in single layer. Store loosely covered. Makes 1 cup.



MANDARIN CHICKEN SALAD

1 whole chicken breast, split
4 tablespoons Kikkoman Soy Sauce, divided
Boiling water
¼ pound fresh bean sprouts
1 carrot, peeled and shredded
½ cup slivered green onions & tops
2 tablespoons minced fresh cilantro or parsley
¼ cup distilled white vinegar
2 teaspoons sugar
½ cup Blue Diamond Blanched Slivered Almonds, toasted

Simmer chicken in mixture of 2 cups water and 1 Tbsp. soy sauce in covered saucepan 15 minutes, or until chicken is tender. Meanwhile, pour boiling water over bean sprouts. Drain; cool under cold water and drain thoroughly. Remove chicken and cool. (Refrigerate stock for another use, if desired.) kin and bone chicken; shred meat with fingers into large mixing bowl. Add bean sprouts, carrot, green nions and cilantro. Blend vinegar, remaining 3 Tbsp. soy sauce and sugar, stirring until sugar issolves. Pour over chicken and vegetables; toss to combine all ingredients. Cover and refrigerate 1 our. Just before serving, add almonds and toss to combine. Makes 4 to 6 servings.

ICROWAVE WILTED SPINACH & BEEF SALAD

pound fresh spinach, washed
pound fresh mushrooms, thinly sliced
pound fresh bean sprouts, rinsed
tablespoons Kikkoman Lite Teriyaki Marinade & Sauce
tablespoons vinegar
teaspoons vegetable oil
teaspoons honey
pound sliced cooked roast beef, cut into strips
can (11 oz.) Mandarin orange segments, drained
cup Blue Diamond Sliced Almonds, toasted

y spinach leaves with paper towels. Tear leaves into bite-size pieces and place in large microwave-fe bowl. Add mushrooms and bean sprouts. Blend next 4 ingredients; pour over vegetables, tossing coat. Cover bowl lightly with plastic wrap; microwave on High 1 minute. Add roast beef; toss xture to combine. Cover and microwave on High 30 seconds. Add oranges and almonds; toss gether gently. Serve immediately. Makes 4 servings.



TIME-HONORED TRADITIONS

EXPLODING FIRECRACKERS ARE AN ESSENTIAL PART OF THE CHINESE NEW YEAR CELEBRATION. BESIDES DELIGHTING REVELERS, THE LOUD NOISES ARE SAID TO PAVE THE WAY FOR THE KITCHEN GOD.

LUCKY MONEY

CHILDREN OFTEN RECEIVE RED ENVELOPES CONTAINING "LAI SEE" OR "LUCKY MONEY."



EAST MEETS WEST

BLUE DIAMOND ALMONDS AND ORIENTAL FOODS ARE A NATURAL. ALMONDS NOT ONLY HAVE AN ENTICING FLAVOR, BUT ARE LOW IN SATURATED FAT AND HAVE NO CHOLESTEROL. SO ENJOY A "CAN A WEEK." MORE DURING HOLIDAYS, NATURALLY!

UE DIAMOND ALMONDS ADD
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AMINS, MINERALS AND FIBER,
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ICE FOR SNACKING.



HOT & SWEET PEPPER BEEF KABOBS

1½ pounds boneless tender beef, 1 inch thick
2 large red, yellow or green bell peppers
⅔ cup Kikkoman Teriyaki Baste & Glaze
1 teaspoon onion powder
½ teaspoon ground ginger
½ teaspoon chili powder
¼ to ½ teaspoon Tabasco pepper sauce
8 10-inch metal skewers

Cut beef into 1-inch cubes and each bell pepper into 16 pieces. Combine teriyaki baste & glaze, onion powder, ginger, chili powder and pepper sauce; remove ⅓ cup mixture and pour over beef and peppers in large bowl, tossing to coat. Thread beef and peppers alternately on skewers, leaving space between pieces. Cook skewers on grill 5 inches from hot coals 4 minutes on each side (for rare), or to desired doneness, brushing occasionally with remaining baste & glaze mixture. Makes 4 to 6 servings.

CANTONESE SWEET & SOUR CHICKEN

2 boneless, skinless chicken breast halves
1 tablespoon cornstarch
1 tablespoon Kikkoman Soy Sauce
1 teaspoon minced fresh ginger root
1 can (11oz.) Mandarin orange segments
⅔ cup Kikkoman Sweet & Sour Sauce
2 tablespoons vegetable oil, divided
½ pound fresh snow peas, trimmed
1 bunch green onions & tops, cut diagonally into thin slices
1 to 1½ cups Blue Diamond Toasted No-Salt Almonds or Whole Natural Almonds

Cut chicken into 1-inch pieces. Combine next 3 ingredients; stir in chicken. Let stand 15 minutes. Meanwhile, reserving ¼ cup syrup, drain Mandarin oranges; blend syrup with sweet & sour sauce. Heat 1 tablespoon oil in hot wok or large skillet over medium-high heat. Add chicken and stir-fry 2 minutes; remove. Heat remaining oil in same wok. Add snow peas; stir-fry 1 minute. Add green onions; stir-fry 30 seconds. Add chicken, almonds and sweet & sour sauce mixture; cook, stirring, until all ingredients are coated with sauce. Gently stir in oranges; heat through. Makes 4 servings.

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Tell us how you use Kikkoman Soy Sauce, Lite Soy Sauce, Teriyaki Marinade & Sauce, Lite Teriyaki Marinade & Sauce, Teriyaki Baste & Glaze, Stir Fry Sauce or Sweet & Sour Sauce and Blue Diamond Almonds to perk up your everyday recipes, and enter to win these great prizes!

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To enter, print your name, address and daytime phone number and the words "East Meets West Every Day with Kikkoman and Blue Diamond" on an index card and mail to KIKKOMAN/BLUE DIAMOND SWEEPSTAKES, P.O. BOX 10239, DES MOINES, IA 50336-0239. No purchase necessary. All entries must be postmarked by March 1, 1992 and received by March 13, 1992.

Send your favorite recipes using Kikkoman and Blue Diamond Almonds to KIKKOMAN/BLUE DIAMOND RECIPES, P.O. BOX 11069 DES MOINES, IA 50336-1069.

SWEEPSTAKES RULES

1. NO PURCHASE NECESSARY.

2. To enter, print your name, address and phone number and the words "East Meets West Every Day with Kikkoman and Blue Diamond" on an index card and mail to KIKKOMAN/BLUE DIAMOND SWEEPSTAKES, P.O. Box 10239, Des Moines, IA 50336-0239.

3. All entries must be postmarked by March 1, 1992 and received by March 13, 1992. No responsibility is assumed for late, lost or misdirected entries. One entry per envelope.

4. Winners will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation whose decisions are final, on or about April 1, 1992.

5. PRIZES: ONE GRAND PRIZE of a weekend getaway for two to San Francisco, including three nights' accommodation at the White Swan Inn in San Francisco, airfare from anywhere in the continental United States to San Francisco and $500 cash; total retail value $2,000. 10 FIRST PRIZES of a West Bend® 5¼-quart electric wok; retail value $63.25. 75 SECOND PRIZES of a Better Homes and Gardens® *Complete Guide to Food and Cooking*; retail value $29.95. Only one prize per household. Odds of winning depend on the number of entries received. Grand Prize trip is subject to availability, must include a Saturday night stay and must be taken before December 31, 1992.

6. All entries become the property of Kikkoman International Inc. and Blue Diamond Growers. Grand Prize winner will be required to sign an affidavit of eligibility and release, which must be returned within 10 days of receipt of notification, or an alternative winner may be chosen. If requested by Kikkoman International Inc. and/or Blue Diamond Growers, the Grand Prize winner must consent to the use of his/her name and/or likeness for promotion and/or advertising purposes without further compensation.

7. The sweepstakes is open only to residents of the United States, 21 years of age or older. Employees of Meredith Corporation, Kikkoman International Inc., Blue Diamond Growers, almond growers and the families of each, their affiliated companies, advertising agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply. All applicable taxes are the sole responsibility of the individual prizewinners.

8. For a list of major prizewinners, send a stamped, self-addressed envelope to Kikkoman/Blue Diamond Winners' List, 111 Tenth Street, Des Moines, IA 50309-4284.



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BETTER HOMES AND GARDENS HOME IMPROVEMENT CONTEST 1992

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UPKEEP

TIPS, TOOLS, AND TECHNIQUES

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

A NEW ANGLE

■ When you're nailing molding to a wall and miss the stud, don't bother pulling out the nail. Instead, drive it deeper with a nail set. Then, using the same nail hole, drive another nail angled toward the stud.

John C. Blanda, Lebanon, Pa.

TAKE THE MESS OUT OF STRIPPING

■ After stripper has melted the finish on furniture, sprinkle the entire piece with coarse sawdust from your shop or a lumberyard. The sawdust will absorb most of the liquid in the stripper, eliminating drips and puddles. Then you brush off the dry sludge and clean it up with a dustpan and broom.

Jeff Taylor, Rocky River, Ohio

QUICK-FIX PATCH

■ Patch a wall by mixing powdered spackle with a small quantity of the paint used on the wall. After the patch dries for a short time, blend it in with a stiff paintbrush.

Ann Holden, West Point, Calif.

SEND US YOUR TIP

Mail your tip—along with a daytime phone number—to TTT, *Better Homes and Gardens*®, 1716 Locust St., Des Moines, IA 50336. No food or cooking tips, please. We can't acknowledge or return your letters. But if we buy your tip, we'll send you $25. We reserve the right to edit all of the tips that we buy and to use them in any way for as long as we wish. We don't accept previously published ideas. BH&G



When Did You Last Use Your Imagination While Cooking Turkey?

If it's been ages since a turkey recipe sounded exciting, you're in for a delightful surprise. Simply pick up our boneless, pre-cut fresh Breast Slices, Breast Tenderloins, Breast Roasts or Ground Turkey in your grocer's fresh meat case. And rediscover how easy it is to be creative with turkey.

Turkey Sauteéd With Pears & Pecans

1 pkg. (about 1 lb.) TURKEY STORE™ Fresh Turkey Breast Slices
1 to 2 tbsp. olive oil
2 cloves garlic, finely chopped
1 tsp. cracked pink or black peppercorns
½ tsp. salt (optional)
⅓ c. apple juice
2 tbsp. whipping cream
2 pears or apples, sliced ¼ inch thick
¼ to ½ c. pecan halves, toasted

Heat oil in 12-inch skillet over medium-high heat until oil sizzles, about 1 minute. Place turkey breast slices and garlic in skillet. Cook about 1½ to 2 minutes on each side or until turkey breast slices are lightly browned. Sprinkle with peppercorns and salt. Pour in apple juice and cream over slices. Add pears. Cover; cook 1 to 2 minutes longer or until pears are heated. Sprinkle with toasted pecans. If desired, serve on a bed of hot fluffy rice. 4 servings.

Nutrition Information Per Serving (1/4 of recipe)—Calories 285, Protein 27 g, Carbohydrate 12 g, Fat 15 g, Cholesterol 81 mg, Sodium 315 mg.



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AWAY-FROM-IT-ALL ATTIC OFFICE



PHOTOGRAPH: MIKE JENSEN. ARCHITECT: CASTANES/GIBSON. CONTRACTOR: HOLME CONTRACTORS
REGIONAL EDITOR TRISH MAHARAM

When the house is full of activity and your schedule has been full of turmoil, gather your thoughts and recharge your batteries in an attic office.

It's Saturday. Billy is practicing his tuba. Jane is batting a tennis ball against the garage door. The neighborhood roars with lawn mowers. Inside, the house is rocking to the rhythm of the washing machine. All you want is a place to hide.

Even if your castle isn't equipped with an ivory tower, you might find space for a retreat up under the eaves. Kris and Ted Johnson turned a tiny 10×14-foot top-floor space into a combination office and book nook so peace and quiet can be shared by two.

Tiny doesn't have to mean cramped. This tall, narrow doorway flanked by leaded-glass windows shares the light and the view. In the book nook, there's a comfy rocking chair for soothing frayed nerves and a padded window seat for a quick nap. The curved square-pane window gives a prow shape and adds a few more inches to the room. (If music lifts your spirits, house your audio equipment here and plug in your earphones so your peace-seeking partner won't be disturbed.)

If you must clear your desk before you can clear your mind, you can concentrate your efforts in this peach-colored office. Secondhand furniture warms the room with its wood tones. A second desk under the skylight provides extra space for storing files and organizing tasks. The gray-green carpet muffles noises from below and invites you to go bare-foot.

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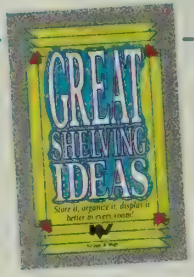




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SPECIAL DINNERS JUST FOR TWO

Planning a special dinner for two can leave you thumbing through cookbooks for a scaled-down recipe. Quit skimming! These delicious entrées are just right for your next anniversary or other special occasion.

HONEYED CORNISH HENS WITH HERBED VEGETABLES

The sauce, laced with apple juice, honey, and herbs, flavors the vegetables as well as the Cornish hens—

2 Cornish game hens (1 to 1½ lb. each)
1 recipe Honey Glaze
8 fresh mushrooms
2 medium zucchini *and/or* yellow summer squash, halved crosswise *and* quartered lengthwise

Rinse hens; pat dry with paper towels. If desired, sprinkle salt inside the body cavity. Pull neck skin to the back and fasten with small skewer. Tie drumsticks securely to the tail. Twist wing tips under the back. Place hens, breast up, on a rack in a shallow roasting pan. Cover hens loosely with foil. Roast in a 375° oven for 30 minutes.

Meanwhile, prepare Honey Glaze. Place mushrooms and zucchini in a small baking dish. Spoon about *½ cup* of the Honey Glaze over vegetables. Cover dish and place in oven next to hens. Remove foil from hens. Continue roasting about 45 minutes more or till drumstick can be twisted easily in the socket and vegetables are tender. Remove vegetables from oven. Spoon remaining glaze over hens; roast 5 minutes more. To serve, place hens on dinner plates; serve with vegetables and glaze. Serve with rice. Makes 2 servings.

Honey Glaze: In a small saucepan cook ½ cup *finely chopped red sweet pepper* and ¼ cup *finely chopped onion* in 1 tablespoon *margarine* or *butter* till tender. Combine ¼ cup *apple juice* and ½ teaspoon *cornstarch;* add to saucepan with 1 tablespoon *honey.* Stir in ¼ teaspoon *each* of *dried, crushed rosemary, marjoram, thyme,* and *pepper.* Cook and stir over medium heat till thickened and bubbly. Cook 2 minutes more. Remove from heat.

Nutrition information per serving: *532 cal. (19% from fat), 11 g fat, 155 mg chol., 84 g pro., 27 g carbo., 5 g dietary fiber, 78 mg sodium. U.S. RDA: 14% iron, 36% vit. A, 120% vit. C, 26% thiamine, 34% riboflavin, 31% niacin.*



Bits of red sweet pepper flavor the honey glaze.



SCOTT LITTLE

Fish fillets with cheese, almonds, and a touch of wine—delicious.

ALMOND-STUFFED FISH FILLETS WITH TARRAGON SAUCE

Serve the fillets on a bed of wheat and spinach fettuccine for a colorful entrée—

¼ cup shredded Swiss cheese (1 oz.)
2 Tbsp. chopped almonds
1 Tbsp. snipped chives
1 Tbsp. margarine *or* butter, softened
2 flounder *or* sole fillets (8 oz. total)
Paprika
3 Tbsp. dry white wine
3 oz. pasta (such as fettuccine *or* linguine), cooked and drained
1 recipe Creamy Tarragon Sauce

For stuffing, mix cheese, almonds, chives, and margarine or butter. Spoon *half* of the mixture onto one end of each piece of fish. Roll fish around stuffing. Place fish, seam side down, into small baking dish. Sprinkle with paprika. Pour wine into dish. Bake, uncovered, in a 375° oven 15 minutes or till fish flakes with a fork. To serve, place rolls on pasta on plates. Serve with Creamy Tarragon Sauce. Serves 2.

Creamy Tarragon Sauce: In a small saucepan cook ¼ cup *shredded carrot* in 1 tablespoon *margarine* or *butter* for 3 to 4 minutes. Stir in 2 teaspoons *all-purpose flour,* a dash *each* of *white pepper* and *salt,* and ⅛ teaspoon *dried, crushed tarragon.* Add ½ cup *milk.* Cook and stir till thickened and bubbly. Stir in ¼ cup *shredded Swiss cheese* and 1 tablespoon *dry white wine.*

Nutrition information per serving: *580 cal. (41% from fat), 27 g fat, 109 mg chol., 39 g pro., 41 g carbo., 2 g dietary fiber, 414 mg sodium.*

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Swanson Broth.
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Change What You Mean By Cl



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hey are the largest and most agnificent animals on land, and eir parallels to our own lives are triguing. Like us, elephants have ng childhoods, and strong family es. And they can live to a ripe old ge. But today, sadly, most African ephants' lives end too early. eir population in Africa has en cut in half in the past decade illegal hunting and shrinking bitats. Their very survival as a ecies is at stake.

The Smithsonian is working ough various educational efforts to preserve the African Elephant. And to support these efforts, Lenox has created an appealing new sculpture, handcrafted in porcelain and painted by hand. Every detail is perfect, from the folds of his ears, to his curl of a trunk and the glint in his eye.

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KEEP YOUR CAT FEELING PURR-FECT

Six good-health strategies



ROBERT HAYS PHOTOGRAPHY

Return your cat's love by taking care of its health.

Nothing quite matches the special bond you have with your cat. You can return your pet's affection—and trust—by taking steps to ensure that it has as long and healthy a life as possible. James Olson, a Boulder, Colorado, veterinarian, suggests a six-point plan for maintaining your cat's health.

1. Leave your cat indoors. Indoor cats live twice as long as those allowed to roam outside. Keeping your pet indoors acts as a safety net, limiting Fluffy's exposure to infectious agents and her chance of injury from cat fights. Outside animals have higher risks for feline leukemia, feline immuno-deficiency disease, and cat bites.

2. Take your pet for routine checkups and have it vaccinated. Discuss vaccination with your veterinarian. The standard recommendations are for rabies and a combined distemper and upper-respiratory virus infection vaccination, along with testing or vaccination against feline leukemia. Vaccination against feline leukemia is recommended for outdoor cats, but indoor cats can be at risk.

According to Dr. Eliza Sundahl, president of the American Association of Feline Practitioners, "The majority of feline leukemia virus particles are found in saliva. An inside cat can be exposed when a cat hisses through a screen or, in multiple cat households, through mutual grooming."

Your veterinarian also may suggest testing for feline immuno-deficiency virus infection or vaccinating against feline infectious peritonitis.

3. Feed your cat a complete, well-balanced diet. Name-brand commercial foods especially formulated for cats contain all the nutrients your pet needs. Table scraps, on the other hand, add life-shortening calories and don't meet all of your cat's nutritional requirements.

4. Spay or neuter your pet. Cats that are neutered (males) or spayed (females) generally remain healthier. These animals usually suffer fewer infections from cat fights and are more sociable to humans and other cats. "If you spay a female before it's a year old, it will reduce the animal's chances of breast cancer later in life," explains Richard Thoma, a veterinarian in Buffalo, New York.

Another advantage of spaying or neutering is that it makes cats better pets, reducing spraying by males and eliminating the estrous cycle in females.

5. Protect your pet from harmful substances. Because cats are curious and sometimes snack on houseplants, poisoning and choking are real dangers. Dr. Olson suggests "using the same precautions you would with a small child, because cats will eat almost anything, even pantyhose!"

Be sure that poisonous plants (like dieffenbachia and philodendron), household chemicals, and medications are out of reach. Even one acetaminophen tablet can be deadly, and aspirin is dangerous unless used under a veterinarian's direction.

Many cats love to play with string and tinsel, but cats can die if they swallow them. Offer your pet more appropriate playthings, like a ball.

6. Check your cat's stools. Usually, a cat's stool is firm, and the cat's routine is consistent. A change in bowel appearance or habits may signal intestinal parasites or other problems. Check with your veterinarian.

SAVE YOUR PLANTS, AND CAT

Cats that like to chew houseplants may be bored, according to animal behaviorists. And, fluttering plant leaves arouse a cat's playful instincts. Or, possibly your pet uses plant matter to make it vomit and dislodge a hair ball.

But chewing some houseplants can make a cat ill or be fatal. Discourage Tiger from chewing your plants by growing others for him. Garden centers often sell alfalfa, bean sprouts, parsley, and spinach. Pet shops sell catnip seeds.

Encourage Tiger to try these plants by locating them in the same warm sunny spot your pet chooses for its naps. Praise him when he nibbles his plants.

—By Mark Ingebretsen

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EARTH-SMART GUIDE TO PAINTS AND SOLVENTS



STEVE BJORKMAN

Paint's fine, if you're careful.

Used or disposed of improperly, paints, stains, and solvents can harm your health, pollute the air, and contaminate groundwater. But if you follow the proper precautions, these products have negligible health and environmental effects. And, over time, paints and stains actually help conserve vast quantities of resources by protectively coating wood and metal. The difference depends on you: how you choose, use, and dispose of these products.

Lead and mercury

Lead was removed from household paints in 1977 but lead-based paint can threaten your health when it is sanded or disturbed. Old paint should be left alone or covered with a new coat of latex.

Mercury, also a toxic heavy metal, was phased out of interior paints starting in 1990, and phased out of all paints in 1992. There may be some mercury-containing paints still on the shelves, but they should carry a label that states the mercury content or that says "For exterior use only."

The danger with mercury-containing paint is that as it dries it can vaporize and be inhaled. Little of the mercury remains in the dry paint so sanding or removal is not a hazard.

Volatile compounds

Volatile organic compounds, or VOCs exist in all paints. These compounds are "volatile" in that they evaporate as the paint dries. VOC vapors create air pollution and can be inhaled. Oil-based paint formulas often contain 40 to 50 percent VOCs while latex paints have just a trace, usually 4 to 6 percent.

Breathing VOC vapors in a poorly ventilated, freshly painted interior can cause headaches, dizziness, and nausea. With proper ventilation, however, paint fumes pose little risk to homeowners and do-it-yourself painters. Keep your exposure to a minimum by using latex products and painting in the warmer months when you can air out the house.

In smog-prone cities, VOCs from paints contribute about 2 percent to the total air pollution. If you live in an area where smog is not a problem, painting your home's exterior with oil-based paints will not cause environmental problems—provided you dispose of the paint properly.

Clear finishes and solvents

Stains and clear finishes for wood can be highly volatile. But today, you should have no problem finding water-based stains and clear coatings to cover everything from small projects to wood floors. Check the labels for low-VOC and low-toxicity information.

Much more dangerous are paint strippers, varnish removers, and some spray paints that contain methylene chloride, a known carcinogen that can be inhaled or absorbed through skin contact. Fortunately, there are several less toxic strippers now available. Favor these, use gloves, wear a respirator with an organic vapor cartridge, and do all your paint and varnish stripping outside. Check the label of any spray paint you buy to ensure that it doesn't contain methylene chloride.

Paint thinners, such as turpentine and mineral spirits, likewise contain numerous volatile solvents that can be easily inhaled and produce a wide range of health problems. Be especially careful about ventilation with these solvents, and follow the same safety procedures as you would with paint strippers.

Disposal guidelines

The best way to get rid of paints is to simply use them up. Use your leftovers as primer coats, or give the paints to a neighbor or a community project. Paint thinners can be repeatedly strained and reused.

Good storage helps keep paints out of the landfill. Tightly sealed oil paints can last up to 15 years and latex up to 10 years. Paints, solvents, and strippers that can no longer be used should be taken to a hazardous-waste disposal facility. The sludge from any paint-stripping operation should also be taken to a hazardous-waste facility.

BY TOM JACKSON

Pelham, N.H.

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Marie McCoy
August 6



DRIVING AND AGING

Warning signs to watch for if you're over 50


STEVE BJÖRKMAN

Like it or not, aging affects the way anyone drives. First admit it, then take some positive action.

The aging process is inevitable. Just as inevitably, the faculties required to drive become less acute with age. Fortunately, adjustments in driving techniques can help offset the impact.

The critical faculties. Safe driving doesn't depend on age, according to the National Highway Traffic Safety Administration (called NHTSA). Rather, it relies on vision, on the ability to concentrate, on how quickly and how well decisions are made under stress, and on how rapidly those decisions are turned into action.

There is no specific age at which those abilities begin to decline, but inevitably they do. Visual and hearing acuity lessen. Reactions slow. Reduced flexibility makes it hard to look from side to side.

The key, says NHTSA, is to be honest about what you can and cannot do, regardless of age, and to adjust accordingly. "You change your style of living with other things as you grow older, so there's no reason you can't do it with your driving," says General Motors' Tony Yanik, a specialist in driving and aging.

Thirty or 40 years of driving can make one complacent, too, says Yanik. "A person over 65 is more apt to be in a crash in which he or she failed to yield the right-of-way, changed lanes without checking to see if another vehicle was alongside, or ignored a stop sign or traffic light."

The signs to watch. While there is no foolproof way to determine if someone's driving has been affected by the aging process, there are some indications. Typically, drivers 65 and older are affected, but GM's Yanik suggests that anyone over 50 should be alert to these perceptions:

- Cars in front seem to stop suddenly.
- Cars suddenly come out of nowhere.
- Everyone seems to be in a big rush.
- Roads are confusing.
- Gaps in traffic are harder to judge.
- Sharp turns are difficult.
- Expressways seem riskier.
- Night driving is getting more difficult.
- Signs are easy to miss.

What to do. It may be time to change driving patterns: Avoid driving during rush hours and at night, for example. Drive at a comfortable speed, but not too slowly. Drive familiar roads.

Consider a refresher driving course. For information about courses nationwide: AARP/55 Alive, Dept. BHG, 601 E St., NW, Washington, DC 20049; $8–$10 for two 4-hour sessions. National Safety Council, 444 North Michigan Ave., Chicago, IL 60611; 800/621-7619; prices vary.

Buying a car? Pay more attention to the interior than the exterior, says GM's Janik. "Test controls for ease of operation. Choose a car with the gear shift indicator on the column, not the console, so 'PRNDL' is at eye level."

Janik also suggests such options as a heated windshield and mirrors, models with a low trunk lift-over, a keyless entry system, and a rearview mirror that adjusts to the amount of light shining on it. Don't be concerned that new technology will complicate matters. "It actually will be more helpful to older people than young," Yanik says.

Quit altogether? Yanik is not so definite on one critical aspect of aging and driving: when to stop. "A self-rating manual has been published," he says, "but there really is no definitive test. Probably the best rule is that if a driver has had a number of near misses recently, it's time to stop."

—Longtime automotive expert Mike Knepper has adjusted his glasses a time or two in recent years.

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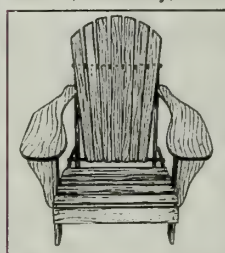
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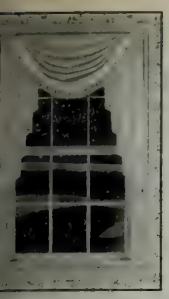
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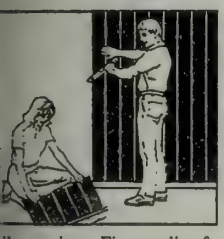
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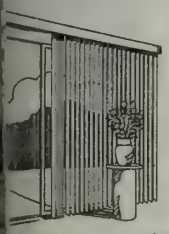
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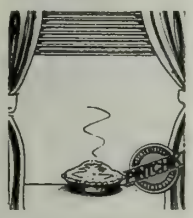


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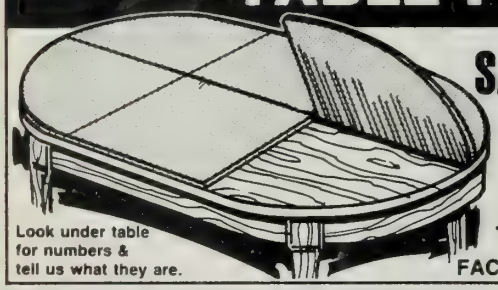
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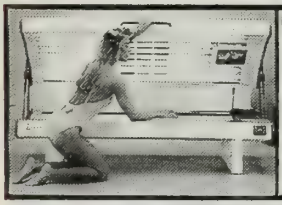
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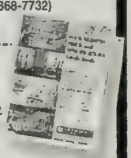
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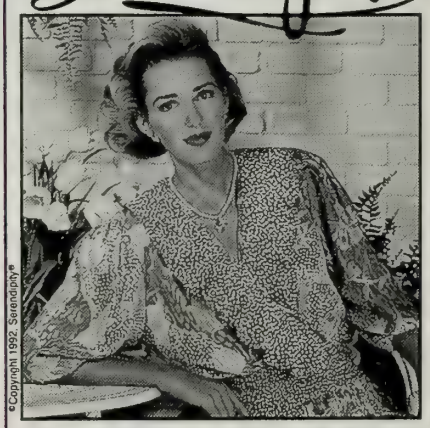
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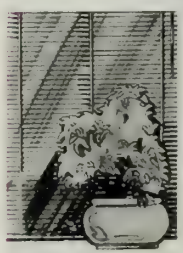
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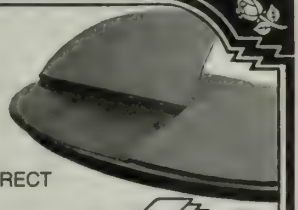
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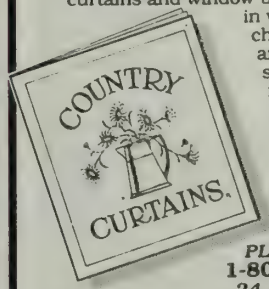
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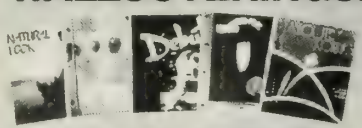
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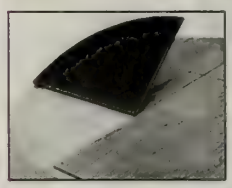
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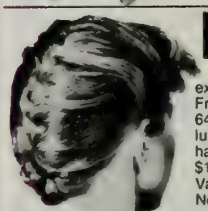


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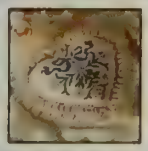
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THE MAN NEXT DOOR®

FEBRUARY 1992

■ "People still keep personal diaries," insists Elaine Cowan, "only today we call them credit-card statements."

■ The Rev. George Hall can't decide whether life is really more complicated than it used to be, or whether it's just the daytime television talk shows that make it seem that way.

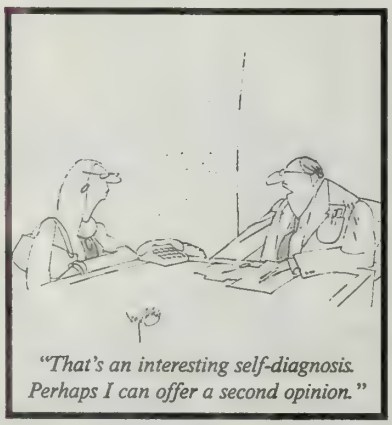
■ One of the great things about today's world, Burt, Jr., has discovered, is that it always manages to snow just before his high-school group takes its annual skiing trip in February.

■ Service station owner Eric Rasmussen prides himself in offering a complete line of automotive services, including, for hopeless cases, "a brief memorial service for only $20."

■ Life for Lee Bayless is an equal mixture of forethought and mystery. He spends half his time developing a calculated plan of action, he reports, and the other half being surprised at where it lands him.

■ Congressman Nick Hanfli reports from Washington that the recession is hitting everyone these days. "It's even forcing many of my colleagues to live within their salaries," he quips.

■ It is easy for a visitor to our garage to determine which vehicle has been driven most recently. It's the one with the hood on which Judy's cat, Frisky, is comfortably, and warmly, sprawled.



"That's an interesting self-diagnosis. Perhaps I can offer a second opinion."



"I think it would be nice if you took some time from your work to play with your father."

■ Early-season merchandise at Dale Goebel's hardware store includes a porch swing, which he invites his customers to try out. Dale admits that not many actually buy, "but it keeps them coming back into the store."

■ Christine, whose real-estate career sometimes includes the sale of a business, has discovered that among the advantages of owning a muffler shop is that you always know when a serious customer pulls up.

■ There's much to be said for job descriptions, reports engineer David Cohen. The person who used to be known as the office gossip at his business now is referred to as "an information specialist."

■ Retired businessman George Walker declares that his bank is trying to be so friendly these days that he's afraid they are about to ask him for a loan.

■ Bill Norman always has trouble remembering the date of wife Isabel's birthday in February, but he finds some consolation in the fact that not even George Washington gets to celebrate anymore on the exact date.

Burt, Jr., switched on the television news before dinner the other evening, filling our family room with images of demonstrations and confrontations.

I guess I should expect this of television, which thrives on action scenes. But this isn't the 'news' that I witness on the way home from the office. Instead, I see many career mothers and dads doing some last-minute shopping before heading home, teenagers winding up their sports events or other after-school activities, and youngsters using the last minutes of daylight for some fun in the snow.

Such day-to-day events aren't big news, of course. But for every person who gets into real trouble in our city, for instance, I'll bet we have a thousand who don't.

Perhaps we ordinary folks ought to organize a demonstration around the block before dinner now and then, just to remind our community of what is really important!

Burton Hillis



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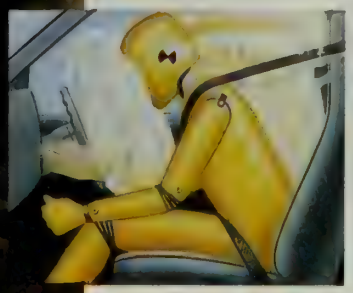
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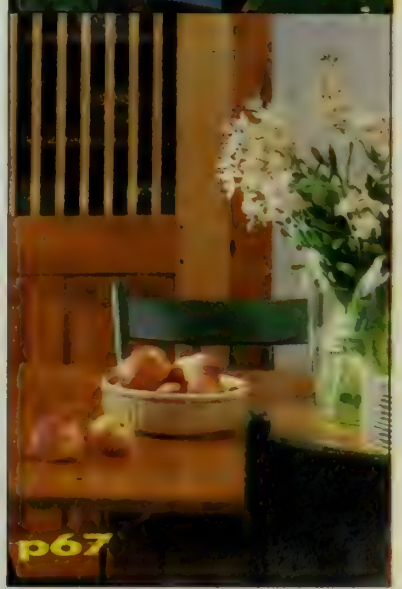
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Better Homes and Gardens

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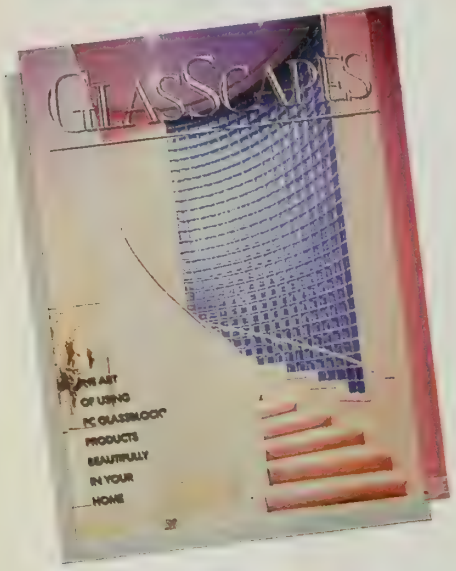
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EDITOR'S LETTER

MARCH 1992



GEORGE CEOLLA

SOME KIDS KNOW WHAT MAKES LIFE WORTHWHILE

Dear Readers,

At the risk of seeming to blow my own horn, I want to tell you about an award I received recently. The Caring Institute, a Washington, D.C.-based organization to promote caring and philanthropy, gave one of their annual caring awards (shown in the photo above) to Dr. Ellen Bassuk and me for our work with The Better Homes™ Foundation. They also gave awards that day to nine other adults and 10 young adults (read teenagers).

While I was greatly honored to get this award, I was utterly humbled to be included in this group of caring people. I wish I had the space here to tell you all of their stories and of the wonderful work they're doing to help disadvantaged adults and children all across our country.

I was especially moved by the work of the young award recipients. They all exhibit that beautiful, innocent compassion so often found in children that moves them to generosity without judgment.

You can read some of their stories in Education Editor John Thomas' article, "Kids Who Care," *page 37.* This article will also tell you about an important new trend in our schools: encouraging kids to get involved in their communities and teaching them how to help others. You'll also see how caring youngsters can be recognized for their work by The Caring Institute and other organizations.

If you're a parent or a teacher who would like to get the kids in your life involved in helping others, why not start a school project to raise money for The Better Homes™ Foundation? We've already heard from classes all across the country who have made quilts, collected aluminum cans, held bake sales, and caroled at Christmas on behalf of our Foundation.

For teachers, there's a wonderful video and study guide available from PBS called "A Place Called Home" to introduce the subject of family homelessness. Call 800/424-7963. The cost is $59.95. Also, parents and teachers can get a brochure, "What Kids With Homes Should Know About Kids Without Homes." Send your address to The Better Homes Foundation, P.O. Box 9236, Des Moines, IA 50306. For five copies or more, send $5 for postage and handling.

Besides the value in raising a generation of caring citizens, one need look no further than those wonderful young people I met in Washington to see the individual benefits. Those kids showed a degree of self-confidence and maturity that would make any parent proud. They'll go forward into their adult lives with a set of values that will give meaning to everything else they accomplish. And, they already know the truth of what Albert Einstein said: "Only a life lived for others is a life worthwhile."

David Jordan

David Jordan, Editor in Chief

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READERS' LETTERS

CONCERNS AND REQUESTS

The letters on teenage shyness were great, but my child is only in kindergarten. I want to help him overcome his shyness. He's really having a hard time and cries every morning. Does anyone have any helpful suggestions?

Linda LaCaze
Lutz, Fla.

The other day my nieces and nephews, all 3- and 4-year-olds, saw a girl in a wheelchair. They began pointing and asking me questions about her. I wasn't sure of the best way to handle the situation. How can I teach them to be considerate while also teaching them to overlook handicaps?

Melinda Willis
Dallas, Tex.

Now that our nation is becoming environmentally conscious, why don't manufacturers pitch in and make product labels that are easy to remove? Many recycling centers want clean, paper-free items. Come on manufacturers, make labels that are easy to remove!

Janice J. Romain
Bridgeport, W. Va.

"Here Comes the Bus" (*Better Homes and Gardens*®, September 1991) gave safety tips for children riding school buses, but didn't mention buckling-up. Our state law mandates passenger restraints in automobiles, yet our children are allowed to ride unrestrained in school buses. Has anyone dealt with this issue on a local, state, or national level?

Maryann D. Hooker
Wallingford, Pa.

When I make plans for any kind of event with friends, I get excited about planning and preparing for it. Yet when it's close to arrival, I almost dread it and actually feel glad when it's over. Any good ideas to get over this?

Sherry Mendoza
Colorado Springs, Colo.

I am in prison and have been doing a lot of needed thinking as a result. I don't know anything about my family history and have no idea where to begin. Can anyone help?

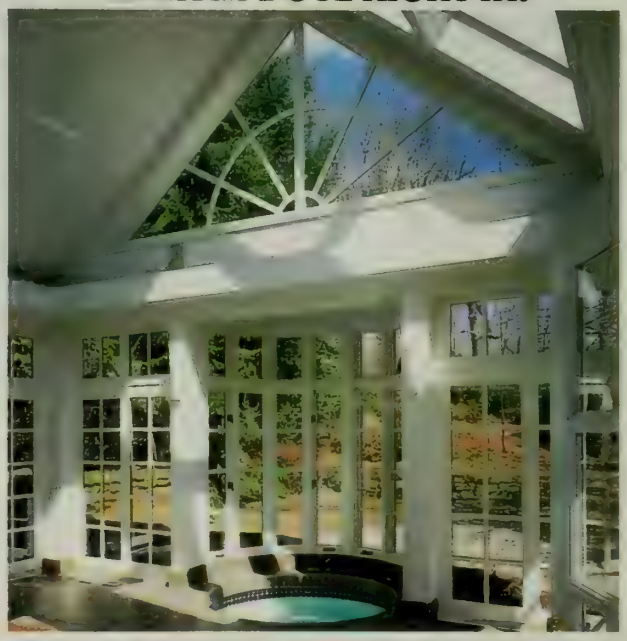
Faith Fleener
Lexington, Ky.

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–G.S.

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homegrown goodness



SAVOR THE FLAVOR OF THESE COLORFUL VEGETABLES

Colorful vegetables are winning rave reviews from both gardeners and gourmets. Bred for beauty and flavor, these vivid varieties are just too pretty to pass up. Best of all, they're a snap to grow. Read on and feast your eyes on a brilliant collection of our favorite homegrown vegetables.



Garden editor Jane McKeon harvests colorful crops from her Des Moines vegetable garden.

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RUBY PEARL TOMATO

Finally, a vegetable your kids will eat by the handful. The size of grapes, and almost as sweet, Ruby Pearl tomatoes are great to snack on right out of the garden. If there are any left for the kitchen, toss a few into salads. Ruby Pearl is a jewel of a tomato, bearing hundreds of crack-resistant fruit on large sprays. Plants begin bearing in 67 days, and keep producing till frost.



LEMON BOY TOMATO

Lemon Boy stands out in the crowd of pretty yellow tomatoes. Backing up its sunny disposition is high yield and superior flavor. Unlike other yellow varieties that sacrifice taste for their bright color, the lemon-yellow flesh of this medium-size, 6-ounce fruit is sweet and citrusy. Offering the first ripe tomatoes in about 72 days, the robust plants are resistant to nematodes, and verticillium and fusarium wilts.





SUB-ARCTIC PLENTY TOMATO

Here's good news for northern gardeners who frequently face a lot of green tomatoes from untimely fall frosts. Developed in Canada, where summers are too brief for growing most long-season tomato varieties, Sub-Arctic Plenty tomato is bred to ripen extra early, just 58 days after it's planted. The prolific plants are laden with cherry-red clusters of small, 2-inch fruit.

PHOTOGRAPHS: BILL STITES AND PETER KRUMHARDT. REGIONAL EDITOR: BONNIE MAHARAM

LA ROSSA TOMATO

Use your noodles, spaghetti lovers. When you taste the sweet paste that La Rossa tomatoes make, you'll switch from bottled tomato sauce. An Italian-type sauce tomato, the thick-walled, 4-oz., plum-shape fruit is best suited for cooking and canning. Ripening later in the season (78 days after planting), La Rossas are worth the wait.





YELLOW PEAR TOMATO

It's no wonder that Yellow Pear tomatoes are popular in specialty markets. A delightful departure from traditional round, red varieties, this 1-inch, pear-shape fruit wins new admirers whenever it's sprinkled on salads. Mildly flavored, the tiny tomatoes are good for pickling, too. The tall plants are big producers, bearing clusters of golden tomatoes about 70 days after they're planted.

To order a special collection of tomato seeds, see page 173.

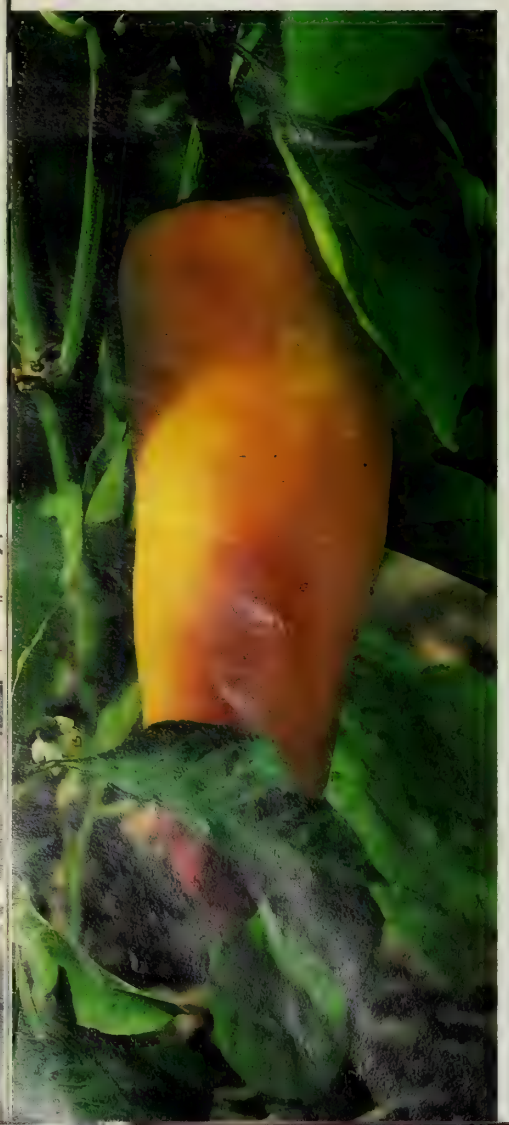
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SUN BELL PEPPER

Sun Bell peppers are a gourmet's delight at any stage of their coloration. A pale yellow at first, the fruit take on a deeper, lemon-yellow tone as they mature. The compact plants squeeze into the tightest garden spaces. Because this prolific variety keeps setting new fruit, even during the scorching-hot days of August, one plant will supply you all season with fresh peppers.

To order a special collection of pepper seeds, see page 173.



CORNO DI TORO PEPPER

Corno di Toro, or "bull's horn," describes this Italian heirloom variety's long, tapered fruit. Ripening in midsummer to a deep yellow or red, the 8- to 10-inch sweet delicacies form on tall, bushy plants. Add fresh slices of these crunchy peppers to salads, or brush wedges with oil and garlic to grill for summer cookouts.



SECRET PEPPER

You're witnessing one of nature's magic shows when peppers turn different hues. Secret peppers mature first to a deep purple, and when they're fully ripe, they become dark red. Edible at either stage, the fruit offer just the right sweetness for garden salads. Our pepper repertoire would be incomplete without this rewarding producer.





SUPER CHILI PEPPER

These babies are hot! Ornamental and edible, Super Chili peppers are the new rage in both vegetable and flower gardens. Great for pots, too, the 1-foot-tall, bushy plants are smothered from midsummer till frost with 2-inch green, yellow, and red fruit. To harvest, break off a branch and hang it upside down to dry. Super Chili peppers will spice up your favorite Asian and Mexican recipes.

QUADRATO D'ORO PEPPER

The high price that colored bell peppers fetch in grocery stores is reason enough to grow your own. Developed for Italian and French markets, yellow Quadrato D'Oro peppers are worth their weight in gold. Beauty and flavor team up in the large, blocky fruit of these vigorous plants. Thick walls make them sturdy candidates for stuffing and baking.

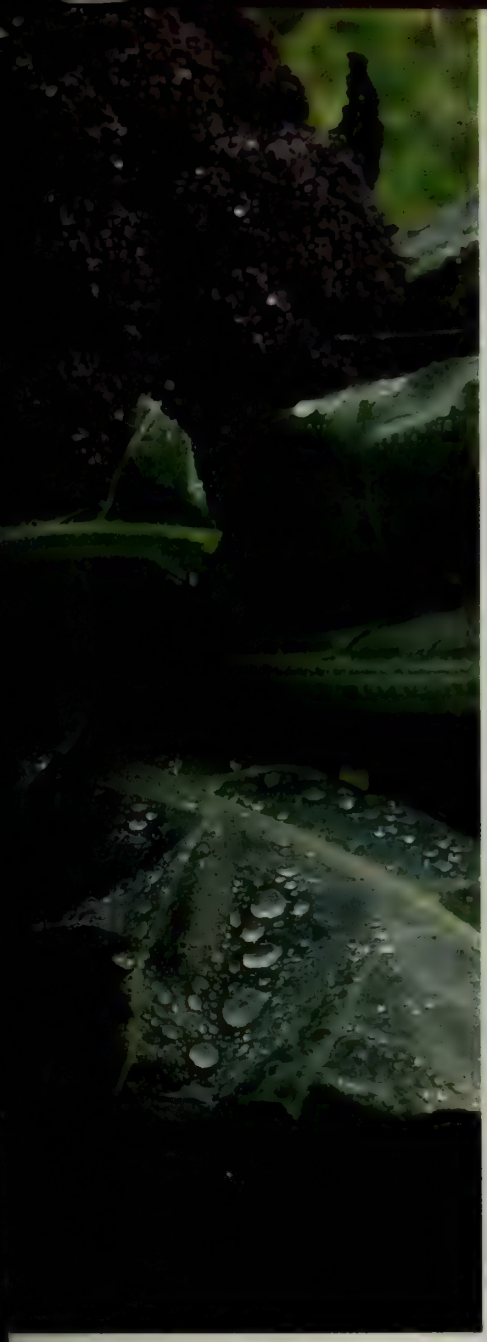




ITALIAN BICOLOR EGGPLANT
Chefs savor eggplants as the main ingredient in classic Mediterranean dishes. Gardeners value them for their good looks, too. The upright plants of Italian Bicolor eggplant produce plump, teardrop-shape fruit, dark rose to purple in color. All of them sport a white collar, and some have white stripes down the sides. The glamour of this glossy fruit is surpassed only by its mild flavor.



SAVOY ACE CABBAGE
The crinkled leaves of Savoy Ace cabbage create a conversation piece in the garden. Demanding, and deserving, a wide berth to show off their beauty, these impressive plants produce large, solid heads, weighing nearly 5 pounds each. Savoy Ace tolerates summer heat better than regular varieties.



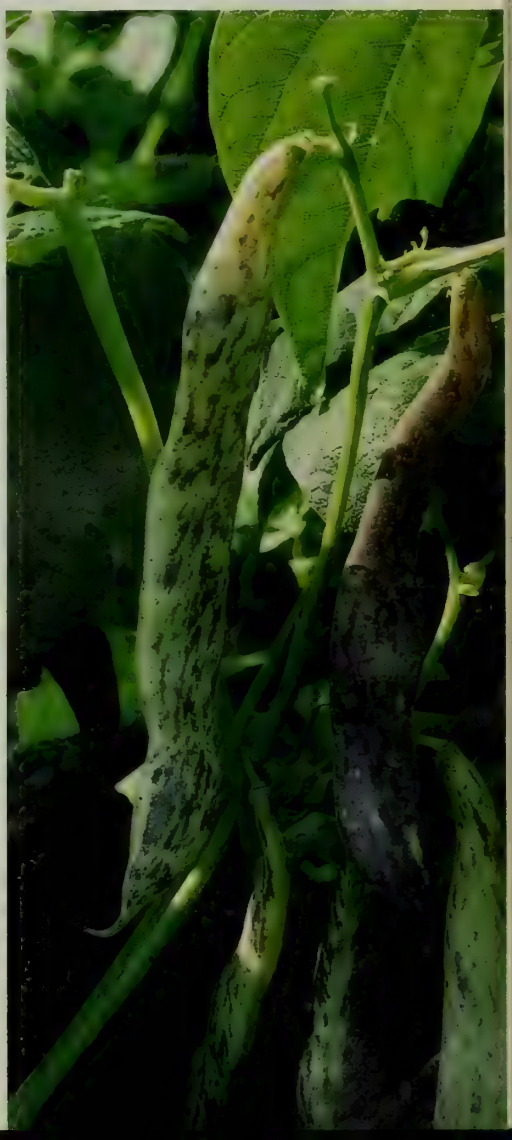


homegrown goodness

BUTTERSTICK HYBRID SQUASH
Named for its sweet, buttery flavor, Butterstick Hybrid summer squash is a favorite of ours because of its vivid color. Surprisingly ornamental, the large, bushy plants show off mounds of mottled leaves and a constant procession of yellow blooms. The flowers form long, cylindrical fruit with bright yellow skin and firm, white flesh. Butterstick yields a savory crop all summer.

DRAGON LANGERIE BEAN
Plain green beans have been upstaged by the charming peculiarity of Dragon Langerie beans. Easy to spot for harvesting, the long, flat, yellow beans are covered with purple stripes. Pick these bush beans when the pods are full, but not too plump, to ensure maximum tenderness. More than just a novelty, Dragon Langerie beans also offer excellent yield and flavor. You'll want to include them in your garden plan every year.

Buying information, page 107.





SUNBURST SQUASH
Sunburst summer squash will satisfy your appetite without devouring your garden. Unlike some vining varieties, these compact, bushy plants fit neatly into small spaces, even in containers, giving neighboring crops the elbowroom they need. Harvest the golden, scalloped fruit at their baby stage, about 1 to 1½ inches, or wait till they're full-grown.



TEST GARDEN TIPS

GROW TERRIFIC TOMATOES



Staking and pruning are the secrets to growing high-quality tomatoes, says Peter Chan, our Oregon test gardener. "Traditional tomato cages aren't the best method," he says, "because the vines are allowed to grow in an unruly fashion."



Removing a lot of vegetative growth improves the quality of the fruit by opening up the plant to sunlight, which enhances the ripening process. It also improves air circulation, preventing disease problems. The flavorful result: "a smaller crop, but bigger and sweeter fruit," says Peter.



PHOTOGRAPHS: STEPHEN CRIDLAND
REGIONAL EDITOR: CATHY HOWARD

Peter pinches off all suckers (small side shoots) as soon as they appear, allowing only three or four main branches to develop. To support these branches, he ties them to three 4-foot-tall, PVC-coated metal stakes. Peter allows plants to grow no higher than to three layers of fruit.

SPECIAL OFFER

BETTER GARDENING KIT

To help you keep your vegetable garden healthy this summer, we teamed up with the Necessary Trading Company to offer *Better Homes and Gardens®* readers a special Better Gardening Kit. The kit contains these environmentally safe products:

- ***FoliaGro* is a foliar plant fertilizer made from kelp.**
- ***BioActivator* contains beneficial microbes that speed the decomposition of plant residues into fertile humus.**
- ***Dipel* contains Bacillus thuringiensis (B.t.), which kills leaf-eating caterpillars.**
- ***Sabadilla* dust is used on hard-to-kill insect pests.**
- ***Garden Dust* is a broad-spectrum disease and insect control containing rotenone, pyrethrin, copper, and sulfur.**

To order the Better Gardening Kit, see page 173.



Brownie Recipe Breakthrough

Baker's® ONE BOWL™ BROWNIES

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Baker's® Chocolate ONE BOWL™ Brownie Recipe

4 squares BAKER'S® Unsweetened Chocolate
3/4 cup (1 1/2 sticks) margarine
2 cups sugar
3 eggs
1 teaspoon vanilla
1 cup flour
1 cup chopped nuts (optional)

1. **HEAT** oven to 350°F.
2. **MICROWAVE** chocolate and margarine in large microwavable bowl at HIGH 2 minutes or until margarine is melted. **Stir until chocolate is completely melted.**
3. **STIR** sugar into chocolate. Mix in eggs and vanilla until well blended. Stir in flour and nuts. Spread in greased 13x9-inch pan.
4. **BAKE** 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. Cool in pan; cut into squares. Makes 24 fudgy brownies.

Note: When using glass baking dish, bake at 325°F. For cakelike brownies, stir in 1/2 cup milk with eggs; use 1 1/2 cups flour.



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"Marry Me, Scarlett!"

Shown smaller than actual diameter of 8½ inches
© 1991 W. S. George

Relive the passion of *Gone With the Wind*™... a Bradford Exchange recommendation



Powerless to resist Rhett Butler's passionate embrace, Scarlett O'Hara finds herself breathlessly accepting his proposal of marriage. Now, this romantic moment from one of the best-loved movies of all time is re-created in a fine-china collector's plate. "Marry Me, Scarlett!" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Marry Me, Scarlett!" is an important first issue, the first plate in the *Critic's Choice: Gone With the Wind* collection from W. S. George Fine China in affiliation with the Bradford Exchange.

It is an impressive work of art, by Paul Jennis, capturing all the fire and passion of Scarlett O'Hara and Rhett Butler's stormy relationship. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Marry Me, Scarlett!" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with headquarters in the United States and offices in twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, at just $21.50 – a plate that last traded at $219.00.* More recently, if you had acquired "Scarlett and Her Suitors," an exceptional plate from W. S. George's *Gone With the Wind: Golden Anniversary* series, you would now own a plate nearly three times its issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Marry Me, Scarlett!" as one of the year's top prospects. . .and we'll back up your purchase with our 365-day money-back guarantee.

To acquire "Marry Me, Scarlett!" at its $27.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Marry Me, Scarlett!" is now – *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, Vol. III-10.

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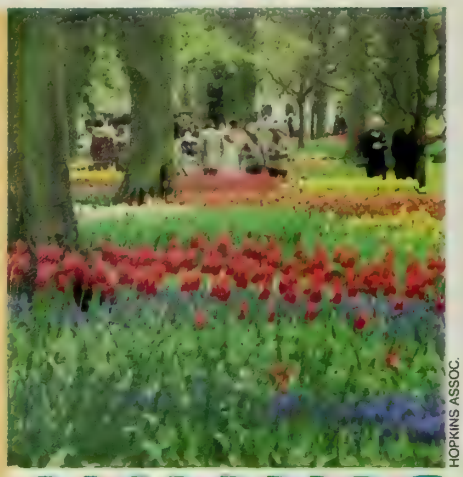
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GARDENER'S ALMANAC

MARCH



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GREATEST FLOWER SHOW ON EARTH

"Floriade '92," the World Horticulture Exhibition, will be held in Zoetermeer, Holland, from April 10 through October 11. This once-a-decade event features 175 acres of display gardens and 70 acres of indoor exhibits. For information on group tours, write to Free-Style Tours, 837 Glenwood Ave., Minneapolis, MN 55405. Or call: 800/447-5199.

PETER KRUMHARDT



PRUNE APPLE TREES

Early spring is the time to prune dormant apple trees. Thinning out branches exposes the trees to more sunlight, which is essential for fruit ripening. It also lets air circulate freely to help prevent disease.

To prune a young apple tree, allow only one central leader (strong upright branch) to grow. Remove all injured or dead branches and cut off any limbs that compete with each other. Use loppers or pruning shears for branches less than 1 inch in diameter, and a pruning saw for larger limbs. Cut or saw at the branch collar, the swollen section near the base of the branch.

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON



PETER KRUMHARDT

NEW GARDEN MAGAZINE

GreenPrints, nicknamed "The Weeder's Digest," is an unusual new magazine that explores the human—not the how-to—side of gardening. This quarterly, digest-size publication features humorous essays, [illegible]g poems, and black-and-white illustrations.

For more information, write to GreenPrints, P.O. Box 1355, Fairview, NC 28730. An annual subscription costs $13.



PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

SPRING SPECTACLE

For color that returns year after year, you can rely on spring-blooming shrubs. These beauties are available now at nurseries for planting as soon as the ground thaws. Two popular ornamental shrubs are lilacs and azaleas. Paired up in a front yard, these May-flowering species will perform a traffic-stopping show.



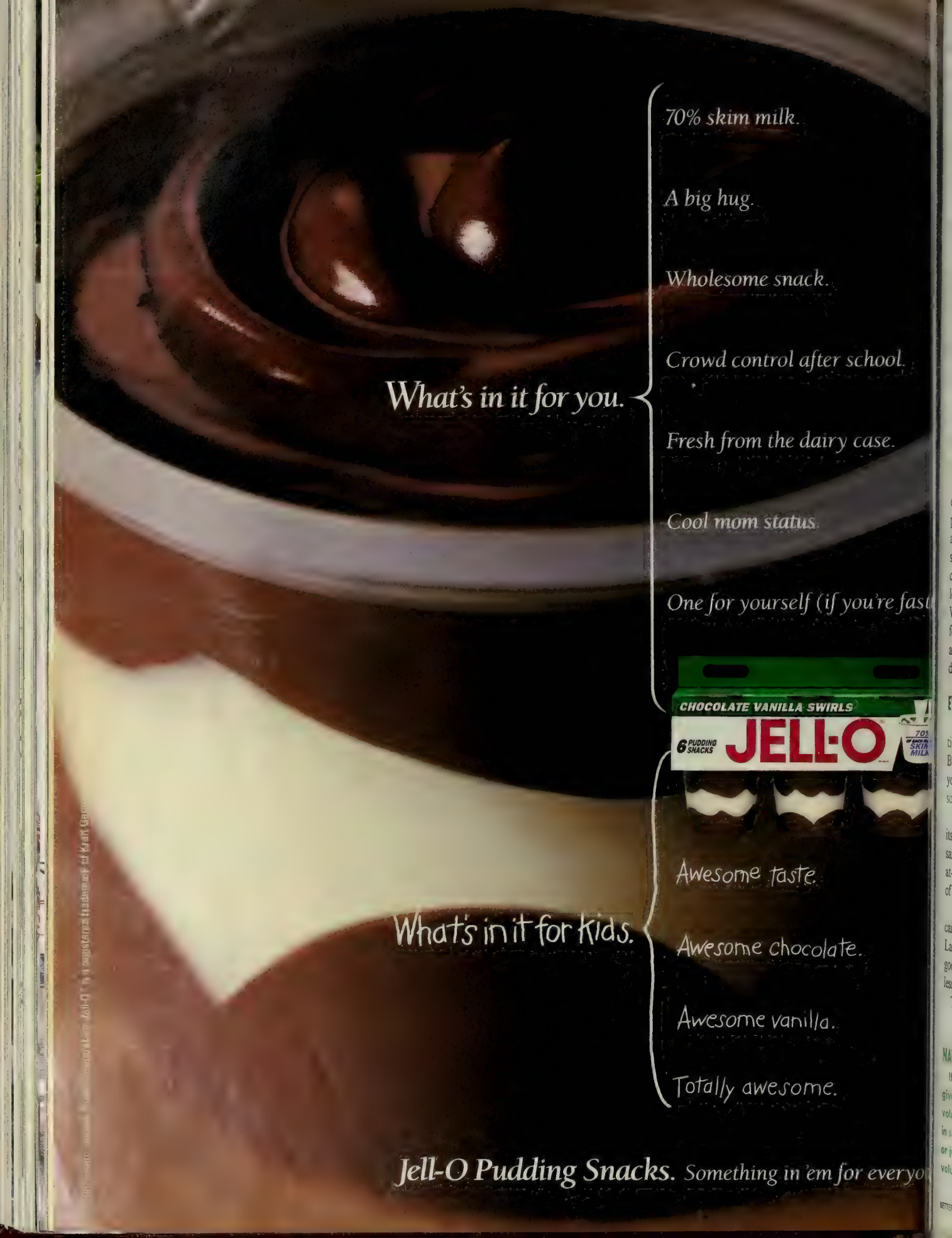
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KIDS WHO CARE

Everybody wins when students volunteer to help out



Communities count on kid volunteers as needed resources, particularly for programs that are underfunded.

From elementary to post-secondary, America's schools are discovering community service as a way to teach youngsters valuable lessons—the kind that can't be taught inside a classroom. Whether they're planting trees or organizing a food drive for the homeless, student volunteers are learning firsthand about values and citizenship. Here's what some students are doing, and how you can get your kids started.

EVERYONE BENEFITS

School children chipping in to help out their communities? To most parents, that probably sounds like a good idea. But when you start adding up the myriad benefits that youth service offers our kids, schools, *and* communities, it soon becomes a must-do idea.

"A student volunteer program can help a school improve its community relations, reputation, atmosphere, and, at the same time, its ability to help kids stay in school—especially at-risk students," says Roger Landrum, executive director of Youth Service America in Washington, D.C.

"Some evidence even suggests that community service can have a positive impact on classroom learning," notes Landrum. "It's a rewarding activity that helps children feel good about themselves. It's also a way to get kids to become less selfish and more community-oriented."

The potential advantages don't stop there, however.

WHAT KIDS ARE DOING

Across the country, more than 3,000 service programs are enlisting the help of school kids. Here are a few examples of student service in action:

- In Ashby, Minnesota, elementary and middle school students have spent after-school hours on Wednesdays for the last three years collecting recyclable materials from the town's 500 residents. The city matches what the kids make, then uses the money to operate the community center that's shared by students and senior citizens.
- In Baltimore, a program called Magic Me unites middle school students with nursing home residents and the handicapped. The children play games with the residents, talk with them, and work on special projects such as crafts.
- In Boston, 300 Brookline High School students are involved in 30 community service projects, including tutoring local elementary school students.
- In Waseca, Minnesota, high school students have done everything from organizing a miniature golf-a-thon for The American Cancer Society to spearheading a clothing drive that overflowed a semi-trailer truck with shirts, pants, dresses, coats, and shoes.

continued on page 38

NATIONAL YOUTH SERVICE DAY

If you're looking for a way to give kudos to an ongoing youth volunteer program, spark interest in starting a new service program, or just recruit more kids to serve as volunteers, try planning something for April 28. It's National Youth Service Day.

Thousands of schools and communities across the country are organizing special activities, such as onetime service projects, service fairs, recruitment drives, recognition ceremonies, and so on. For more information about participating, write: Ann Maura Connolly, Director, National Youth Service Day 1992, c/o Youth Service America, 1319 F Street, NW, Suite 900, Washington, DC 20004.

KIDS WHO CARE

continued from page 37

● In Chicago, students from six universities approached Chicago House, a nonprofit organization that operates group residencies for homeless people with HIV or AIDS, to work as volunteers helping with fund-raising, clerical work, and, sometimes, emotional support for residents.

Thousands more school children nationwide are volunteering in other equally helpful ways by cleaning up parks, planting trees, starting literacy campaigns, and so on.

HOW ONE PROGRAM WORKS

Youth Service Charleston in Charleston, South Carolina, exemplifies how youngsters can become impact players in a community almost overnight.

One of Youth Service Charleston's most noted programs is named after Mayor Joseph P. Riley, Jr., who wanted to increase awareness of the need to help the homeless. Students known as "Riley's Raiders" sprang into action, creating an ongoing letter-writing campaign aimed at South Carolina's senators. The campaign focuses on the need to include affordable housing funds within the state budget.

The Raiders attack the homeless problem on a local level as well. One school day a month, eight of the Raiders awake before dawn, meet director Lela Severance at a local gas station, and drive to a homeless shelter to serve breakfast.

The students also schedule visits to the family section of the shelter, where women and children live. The Raiders assist with arts and crafts, often helping homeless children make cards and pictures they can give their parents.

Another valuable program sponsored by Youth Service Charleston—called Wood for Warmth—targets a different group of needy folks. Every Saturday from December through February, student volunteers load wood in trucks for low-income families and the elderly. The students even haul wood to the homes of those who can't make it to the wood-loading site.

Since 1987, more than 2,000 student volunteers have amassed 23,000 hours of community service through Youth Service Charleston. Director Severance bases the program's success on a simple philosophy.

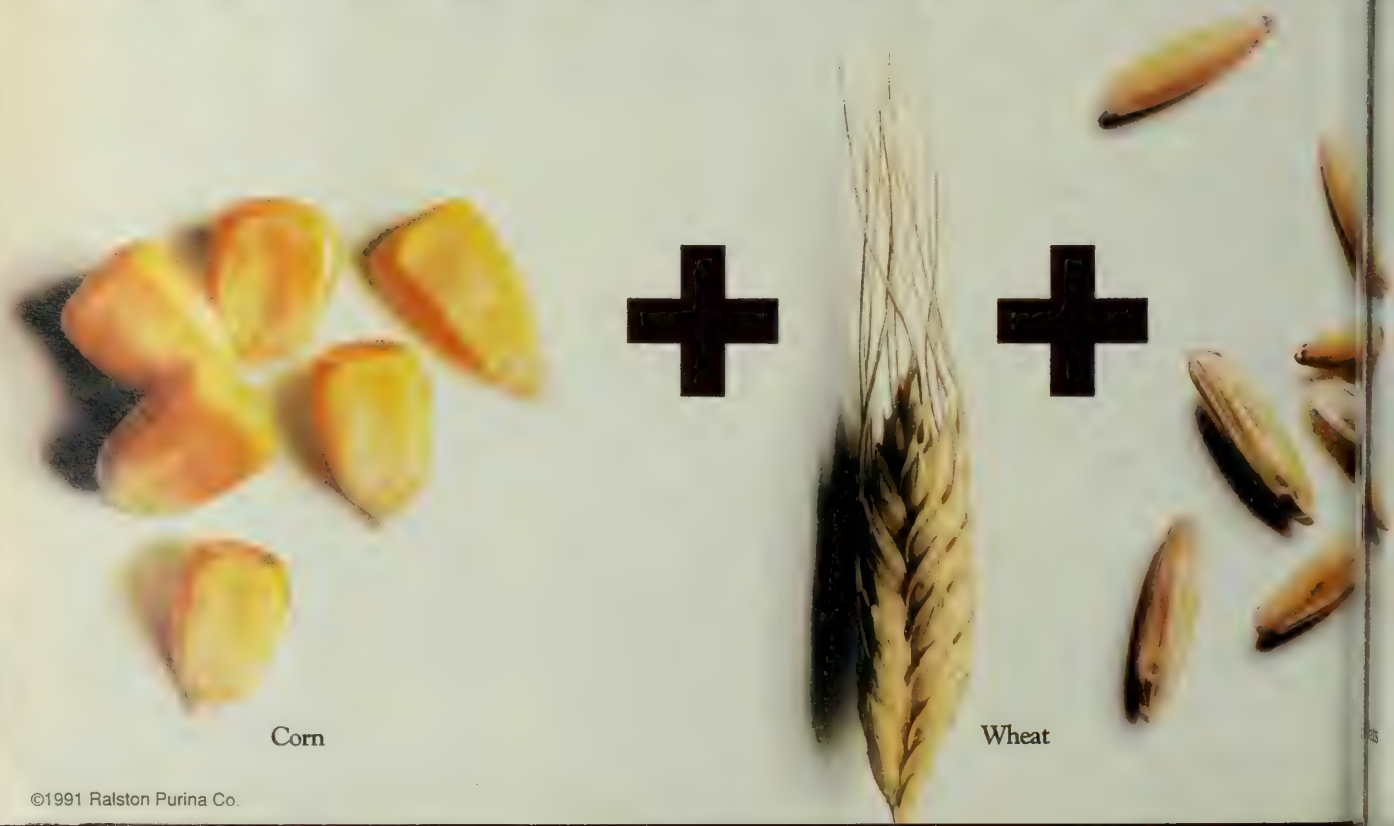
"High school and college students have a need to belong," she says. "And they're either going to fulfill that need in a constructive manner or a destructive manner."

Youth Service Charleston helps students focus their energy in a positive direction while reassuring them of their value to the community. It's all part of what's known as "service learning," a concept that makes community service activities an integral part of students' schoolwork.

STARSERVE LIGHTS THE WAY

The latest, and perhaps loudest, voice advocating student community service is StarServe, a two-year-old nonprofit organization funded by Kraft General Foods Foundation

MORE BRANS



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and operated in partnership with United Way of America. Supported by major national education groups, StarServe provides free materials, resources, and technical help to K–12 teachers and students starting youth service projects.

"We want to be a resource for all the schools in America, so they can start, expand, or celebrate their own community service programs," says Gail Kong, President of StarServe.

To do that, StarServe has sent out more than 150,000 free kits, including kits to every principal in the country. In addition to tip sheets, newsletters, resource guides, and so on, the kit includes a letter listing celebrities such as The Beach Boys who are taking an active role in StarServe.

"Everybody wins in this program," says Kong. "Schools can take the materials and run a whole program on their own; parents can get involved with the school and the students through the projects; and the kids can explore their own talents while learning about responsibility, citizenship, and social issues.

Imagine an 8- or 9-year-old helping out in a nursing home. The kids find out that they *can* make a difference in someone else's life."

For a free kit, write: StarServe, P.O. Box 34567, Washington, DC 20043. Or, call 800/888-8232 (between 9 a.m. and 5 p.m. Pacific time).

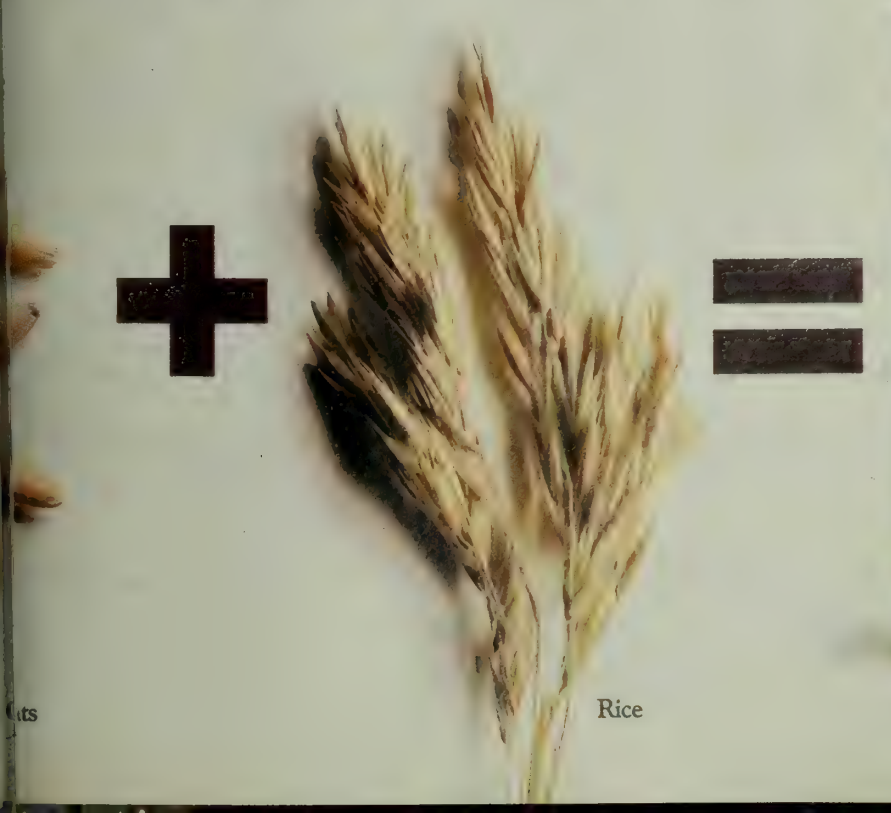
ALTRUISM PAYS

For the majority of kids, community service has its rewards in an increased sense of social responsibility and self-worth. But for youngsters who go beyond the call of duty, altruism can pay off in a big way. Here are two examples of awards that await young superstars of youth service:

- National Caring Award for Young Adults. Sponsored by the Caring Institute in Washington, D.C., the award goes to children who've served as role models for other kids. Each of the 10 winners receives a $5,000 scholarship, a week at Space Camp, and a specially designed bronze sculpture.
- The Yoshiyama Award for Exemplary Service to the Community. It's given by The Hitachi Foundation to high school seniors with outstanding community service achievements. The award includes a gift of $5,000.



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BOOSTING SELF-ESTEEM
The *right* way to instill confidence in your kids

Self-esteem is not a gift you can bestow upon your children, despite what some people would have you believe. Instead, it's a trait that kids should work toward and develop for themselves. Put simply, self-esteem has to be earned. Even if you praise your children, do things for them, or give them attention, self-esteem will develop only when they learn to do for themselves. Here's how to make that happen.



Self-esteem is something kids have to earn.

STICK TO THE BASICS

Before there were psychologists and other "parenting experts," there were just grandparents and aunts and uncles. Their advice on child-rearing was down-to-earth, practical, and reassuring. Everything they said was based on the belief that parents needed to endow their children with three simple traits: respect for others, responsibility, and resourcefulness.

Today, a lot of parents have been mistakenly led to believe that they can *bestow* self-esteem upon their children by giving them lots of attention and praise.

In reality, self-esteem arises from self-sufficiency, the ability to stand on one's own two feet. Self-sufficient individuals accept and assume responsibility for their own happiness. Rather than depending on others to make and keep them happy, they develop self-fulfillment.

It follows, then, that if you want your kids to acquire self-esteem, give them all of what they need and relatively little of what they want. In other words, try to resist catering to your children's whims and demands. You should also expect your kids to be fully responsible members of the family, meaning that they carry their fair share of the "load."

What's more, if you want your kids to develop self-esteem, avoid making them the center of attention (past infancy and early toddlerhood, at least). Instead, position yourself to occupy the center of the child's universe, not the other way around. As your children grow, those orbits can expand around the stable, secure centerpoint that you as a parent provide.

HOW TO HELP YOUR KIDS

Parenting "experts" thought that they could improve on common sense, but they couldn't. Raising kids to be respectful, responsible, and resourceful—as Grandma recommended—is all it takes. For our children's sake, as well as our own, it's time we reclaim that old-fashioned expertise.

To help your children develop good self-esteem, try following these suggestions:

- Have your children address adults as "Mister," "Missus," and "Miss." Don't allow them to call an adult by his or her first name until given permission to do so by the adult. Kids who show proper respect for others also build their own self-respect.
- Demonstrate your respect for people of other races, ethnic groups, educational and socioeconomic levels. Your behavior toward other people is a model of good self-esteem for your children.
- Teach your kids that it's all right to be different—that not having what everyone else has is not the same as being deprived. Remember, the fewer toys a child has, the more resourceful the child will become.
- Assign each of your kids to a daily routine of chores around the house, and enforce the doing of those chores consistently. When kids learn to help others, they develop a responsible attitude toward relationships.
- Take good care of your marriage or, if you're a single parent, good care of yourself. Doing so will ensure that children look up to you.

Finally, keep in mind that while you can't *give* your youngsters self-esteem, you can certainly show them the right way to attain it.

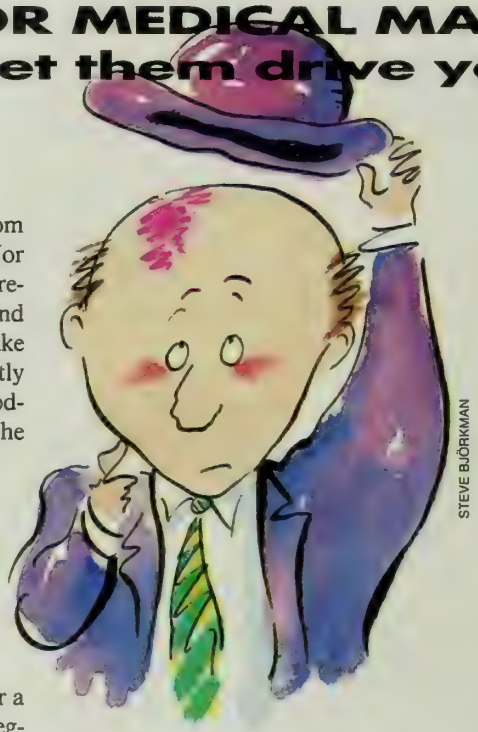


—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*


Joey was here.
Susie was here.
Dad was here.
Aunt Betty was here.
Grandpa Lester was here.
ARE FAMILY GATHERINGS MAKING YOU SICK?
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STEVE BJÖRKMAN

No one has ever died from spider veins or port wine stains. Nor will you find telethons supporting research into dandruff. Yet these and other minor medical maladies make life miserable for millions of silently suffering Americans. Happily, modern medical science has come to the rescue with treatments that work.

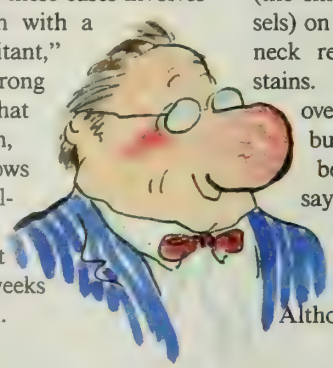
SPIDER VEINS

In the mind of a sufferer, a vivid purple network of spider veins may be one exception to the old saw that beauty is only skin deep. Most common on the face, arms, chest, and legs, spider veins arise for a variety of reasons. Heredity and pregnancy are the leading culprits, says Dr. Nicholas Lowe, clinical professor of dermatology at the UCLA School of Medicine and in private practice in Santa Monica. Other factors include sun exposure and alcohol, which dilate blood vessels.

"But not everyone who has spider veins on the nose or face is an alcoholic," cautions Lowe.

The most up-to-date treatment involves using laser light. A powerful, but mostly painless, beam selectively damages the offending veins; as they heal, the veins shrink and become much less noticeable.

Laser treatment isn't perfect, however. It won't work well on the longer and larger leg spider veins. The treatment of choice in these cases involves injecting the vein with a "controlled irritant," says Lowe, a strong saline solution that damages the vein, which then narrows as it heals. Swelling and discoloration can last for a couple of weeks after the injection.



PORT WINE STAINS

Former Soviet leader Mikhail Gorbachev may yet do for port wine stains what Madonna has done for moles. Still, you may be interested to know that doctors can all but eliminate these distant relatives of spider veins.

First, though, let's clear up what port wine stains are not. They aren't the pink or red skin marks (stork bites) that appear on many newborns. These birthmarks usually fade early in life. Port wine stains, on the other hand, grow larger, bumpier, and darker with time.

Even minor health problems can be major annoyances. Here's what modern medicine can do for seven of the little irritants.

Overgrown capillaries (the smallest of blood vessels) on the face, head, and neck result in port wine stains. What causes the overgrowth is unclear, but the condition can be associated with glaucoma, says Dr. Bruce Achauer, associate professor of plastic surgery at the University of California, Irvine.

Although not medically dangerous, port wine stains can leave deep psychological scars. School-age children are especially susceptible to the mental anguish, but the trauma doesn't always fade with age. Grown-ups often hide the marks under heavy makeup, notes Dr. Achauer.

"Adults come to me having never shown the marks to anyone," Achauer says. "They often feel this huge purple blob interferes with their jobs and socializing. To say that port wine stains are merely a cosmetic deformity is unkind."



The same laser treatment that works on spider veins works on port wine stains. Typically, patients benefit from six outpatient treatments, each three or four months apart, that progressively thin out capillaries. This causes fading of 80 to 90 percent, says Achauer. The laser stings and a bruise follows, which can last for up to two weeks.

SNORING

"Snoring is a mighty battle to breathe," says Dr. Philip Westbrook, director of the Sleep Disorders Center at Cedar Sinai Medical Center in Los Angeles. He says snoring may seem comical, but it can be serious, signaling apnea, temporary periods when the snorer stops breathing.

Ordinarily, snoring is simply an annoyance for anyone trying to sleep within earshot. As the snorer breathes, loose tissues in the throat

continued on page 44

Two ways to serve your family less fat and cholesterol.



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- 1/2 tsp. salt
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- 2/3 cup skim milk
- 1/2 cup blueberries or grated apple (if desired)

In large mixing bowl combine flour, sugar, baking powder, baking soda and salt. Gently stir in yogurt and milk, blending just until dry ingredients are moistened. Fill lightly greased or paper-lined muffin cups 3/4 full. Bake at 400° for 18 minutes or until well-browned. Serve warm. Makes approximately 12 muffins.

Lite Streusel Variation:
Combine 1/3 cup sugar and 1/2 tsp. cinnamon. Fill muffin cups 1/2 full with batter; place tsp. of sugar-cinnamon mixture on top of each and add batter to fill cups 3/4 full.

A VERY HEALTHY HABIT. FOR LIFE. DANNON®

MINOR MALADIES

continued from page 42



flap in the wind, creating a host of rasps and rumbles.

When apnea occurs, breathing stops and the sleeper wakes up momentarily—sometimes once a minute—but doesn't remember come morning. "Sleep is destroyed, and then people wonder why they feel so awful the next day," says Westbrook. Apnea sufferers are in more auto accidents than normal sleepers and are more likely to develop heart disease.

Snoring and apnea are most common in obese middle-age men. Losing weight reduces flab around the neck and may reduce snoring, says Westbrook. Avoiding alcohol, which relaxes throat muscles, also helps.

Still snoring? Consider placing a tennis ball into a pocket sewn onto the back of your pajama top. This keeps you from sleeping on your back, the prime posture for snoring. For truly serious cases, medication, surgery to trim tissues, and devices for holding the tongue and jaw forward are sometimes effective.



If all else fails, ask your family doctor for referral to a sleep specialist.

STRESS INCONTINENCE

Urine leakage is never "normal" and isn't just an illness of old people. In fact, young and middle-age women often suffer from stress incontinence. This involves leakage when coughing, sneezing, laughing, or during almost any other sudden physical exertion.

The problem arises when the bladder muscles that control urine flow weaken. Aging may lead to this weakening, but pregnancy and pelvic surgery (a hysterectomy, for instance) are also common causes.

In the past, treatment for stress incontinence meant major surgery to tighten ligaments supporting the bladder. In a newer procedure, the doctor performs a similar service, but works through a needle inserted into the abdomen. Only local anesthetic is needed, and recovery is much faster.

Dr. Sam Lipshitz, chief of urology at Mt. Sinai Hospital Medical Center of Chicago, says he's had a success rate of 88 percent using a so-called no-incision bladder suspension procedure.

DANDRUFF

We all shed tiny bits of dead scalp skin each day. Dandruff results when this material and dried oils accumulate in hair shafts before being shed as flakes. Not contagious, dandruff is most noticeable between ages 10 and 20, and generally improves after age 30.

Shampoos with tar decrease skin cell turnover and thus dandruff. "Scalps do beautifully with tar," says Joseph Bark, chairperson of dermatology at St. Joseph Hospital in Lexington, Kentucky, and author of *Retin-A and Other Youth Miracles.*

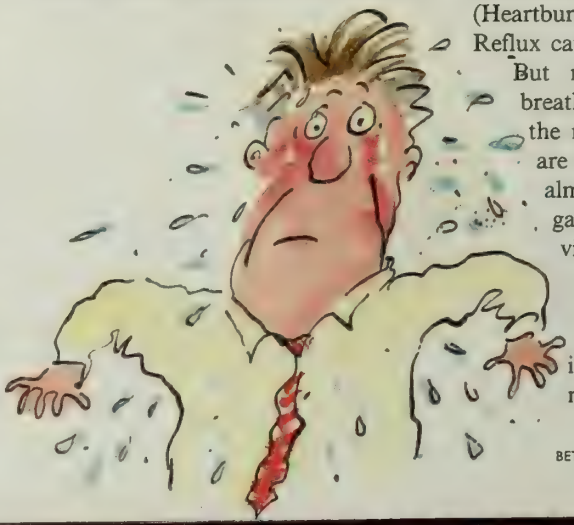
Bark suggests daily shampooing. He adds that if dandruff doesn't improve in two weeks of tar shampooing, see a dermatologist, who may diagnose another skin ailment and prescribe medications for that.

EXCESSIVE SWEATING

While a few rare diseases can lead to excessive sweating, the most common cause is stress.

One of the newest treatments for excessive sweating is called iontophoresis. Basically, you use a machine to run low-voltage electrical currents up the arms and down to the feet. This process somehow slows sweat production, says Dr. Andrew Lazar, assistant professor of clinical dermatology at Northwestern University.

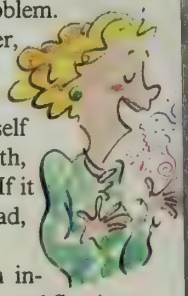
Tranquilizers, biofeedback, and behavior modification can also be used for excessive sweating, but the most widely used treatment is a prescription medication called Drysol, which is a concentrated solution of aluminum chloride in alcohol. (A similar compound, aluminum chlorhydrate, is the active ingredient in over-the-counter antiperspirants.) "Drysol is the closest thing we have to a dermatological miracle," adds Bark. He says careful application of Drysol once or twice a week slows the sweat glands in about two weeks.



Bark is not a proponent of tranquilizers or psychotherapy for hyperhidrosis patients. "These people are not nuts," he says. "They just express emotions this way. Some people blush, others sweat."

BAD BREATH

Do you have bad breath? You may not be aware of the problem. Dr. Fred Magaziner, spokesperson for the academy of General Dentistry, offers this self test: Floss your teeth, then smell the debris. If it consistently smells bad, so does your breath.



Treating bad breath involves regular brushing and flossing to rid the teeth and gums of food deposits that are fuel for odor-releasing bacteria. Bacteriostatic mouthwashes such as Listerine keep bacteria from proliferating, which helps control bad breath. Treating dental decay and gum disease also stops bad breath.

One study showed a dramatic decrease in bad breath by brushing the tongue, which traps food. Magaziner says a Velcro-wrapped tongue blade or floss pulled across the tongue also gets food out.

A second possible cause of bad breath is reflux, in which stomach juices back up into the food pipe. (Heartburn often follows such reflux.) Reflux can be treated with antacids. But nondental causes of bad breath, including drugs that dry the mouth and cause an odor, are overplayed. "Bad breath is almost a nonproblem from a gastroenterologist's point of view," says Dr. David Alpers, professor of medicine at Washington University School of Medicine in St. Louis. "It's usually a matter of oral hygiene."

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See rules on card for complete details. If card is missing, call 1-800-526-3967 for entry information.

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BALANCING YOUR DIET

You can enjoy such foods as cheesecake, steaks, or fried chicken on a healthful diet. In fact, there are no "good" foods or "bad" foods in a sound diet. Eating right means enjoying high-fat, high-calorie foods in smaller portions or only occasionally. It's just a matter of balance.

WHAT IS A 'BALANCED DIET?'

Remember the basic food groups? They still are the easiest path to a healthful, balanced diet. Shoot for these recommended daily servings from each food group, incorporating many different kinds of foods within each group over a week's time:

Vegetables . . 3–5 servings
Fruits . . . . . 2–4 servings
Grains . . . . 6–11 servings
Milk . . . . . 2–3 servings
Meat . . . . . 2–3 servings

Eating the recommended number of daily servings ensures that your nutrient needs—carbohydrate, protein, fat, as well as vitamins and minerals—are met in the proper proportions.

BALANCE MEANS:

- Switch to low-fat dairy products (such as skim milk or cheese) and lean meats to free up some of your budgeted fat calories for an occasional treat.
- Include more fiber-rich foods, such as whole grain products, fruits, vegetables, and beans.
- Eat at least five servings of fruits and vegetables every day.
- Use sugar and salt in moderation.
- Eat just 5 to 7 ounces of lean meat, poultry, or fish per day.
- Enjoy high-fat, high-calorie foods in moderation.
- Eat a variety of foods.
- Choose foods low in fat, saturated fat, and cholesterol.
- Drink the equivalent of 8 to 10 cups of water daily from sources that contain no alcohol or caffeine.
- Maintain a healthy weight for your age and height by balancing your calorie intake with a moderate exercise program.
- Drink no more than one beer, one small glass of wine, or one cocktail per day if you're a woman or no more than two per day if you're a man.

AVOID THE FAT-PERCENTAGE TRAP

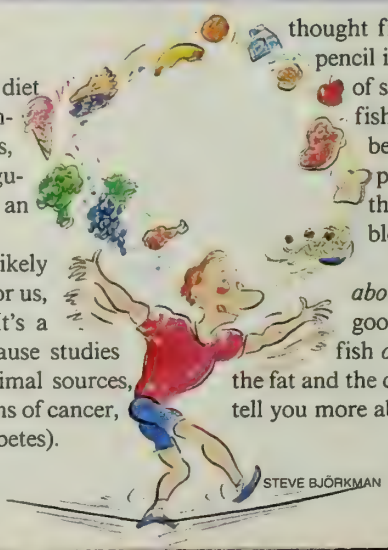
Food	Calories	Fat (g)	% of fat
Grilled salmon steak	180	10	50%
Spaghetti with meatballs	500	18	32%
Piece of yellow cake	405	10	22%

Focusing on the *percentage* of fat, rather than the total *grams* of fat, in a single food can be misleading.

FAT TIPS THE SCALES

Many people eat too much fat, so their diet is out of balance. This happens when high-fat foods such as ice cream, potato chips, doughnuts, and fried foods become a regular part of a daily diet instead of being an occasional treat.

When we eat too much fat, we're less likely to eat enough of the foods that are good for us, such as fruits, vegetables, and grains. It's a good idea to reduce our fat intake because studies show a high-fat diet, especially from animal sources, can contribute to heart disease, some forms of cancer, and obesity (which can contribute to diabetes).


STEVE BJÖRKMAN

The good news is that a recent study done at Pennsylvania State University revealed that the typical American diet can be modified so it is lower in total fat. We can make some very simple, practical changes—without giving up the high-fat foods we love.

You may have heard the recommendation that healthy adults should keep their fat intake to less than 30 percent of total calories. This recommendation is easy to meet when you focus on at least an entire day's worth (or better yet, a week's worth) of food, as opposed to individual foods or recipes. What you're eating over the long run is what's important. Focusing on the percentage of fat in a *single* food or a single meal can be misleading. Here's why:

THE FAT-PERCENTAGE TRAP

Sometimes a food may be low in fat and calories, but the percentage of fat looks high. Grilled sockeye salmon steak is a good example. You thought fish was good for you? It is! But when you pencil it out, 50 percent of the calories in a serving of sockeye salmon comes from fat. Because the fish is so low in total calories, the fat percentage becomes skewed when compared to the 30 percent benchmark. Other foods that fall into this trap are some soups, pasta dishes, vegetables with a sauce, and salads with dressing.

Compare the salmon to the other foods *above*: Both the cake and spaghetti seem to be good choices when you compare them to the fish *on a percentage basis.* But when you look at the fat and the calories of each, you see the real story. These tell you more about the food than the percentage tells.

continued on page 50



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BALANCING YOUR DIET

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AN EASY WAY TO BUDGET FAT

What is the best way to watch your fat intake? Simply figure how many grams of fat you should have *per day*. That way you can enjoy the things you love, then eat lighter fare to meet your grams-of-fat budget.

How do you figure out the amount of fat in foods? By reading labels on the foods you buy (most labels include a nutritional breakdown of nutrients) and the nutritional analyses of recipes (we give the fat in grams per serving for every recipe). With practice, you'll learn how much fat is in certain foods.

To determine what your fat budget is, see chart at *right.*

A sample day's menu plan at *right* illustrates how a person consuming 2,000 calories a day and fewer than 67 grams of fat can enjoy a hearty 6-ounce steak and potato dinner. You may not—and shouldn't—eat a large steak every day (remember: 3 ounces of meat is considered to be one serving). But you can do it occasionally by balancing out a heavier dinner with a lighter breakfast and lunch. For example, if you had chosen a double cheeseburger, french fries, and a chocolate malt for lunch instead of the soup and sandwich, you would have tipped the fat scales too far that day.

Play the balancing game within your meal, too. If you love sour cream on your baked potato, then choose the low-calorie dressing for your salad. If you can't give up margarine or butter on your dinner roll, drink skim or 1 percent milk to free up some of your fat allowance.

Don't be alarmed if you go over your fat budget on any one day. An occasional splurge won't hurt. Just keep track of your fat intake over several days and soon you'll have a clear picture of what a balanced diet means.

HELP FROM THE EXPERTS

For more information on balancing your diet, CALL THE NATIONAL CENTER FOR NUTRITION AND DIETETICS AT 800/366-1655. Your questions will be answered by registered dietitians Monday–Friday 10 a.m. to 5 p.m. (EST). BH&G

DETERMINING YOUR FAT BUDGET

Daily calories you consume	Your fat budget*
1,600	53 grams
1,800	60 grams
2,000	67 grams
2,400	80 grams

*Take 30 percent of your total calories, then divide by 9 (there are 9 calories per gram of fat). This gives you the maximum grams of fat you're allowed in a day. For example: (1,600 × .30) ÷ 9 = 53 grams

SAMPLE MENU PLAN FOR ONE DAY

	CALORIES	FAT (g)
BREAKFAST		
Whole grain cereal (1 cup)	162	1.2
1% milk (½ cup)	51	1.3
Banana	105	0.6
Orange juice (½ cup)	56	0.25
LUNCH		
Turkey sandwich		
2 slices turkey meat	102	3.8
2 slices whole wheat bread	122	2.2
Mayonnaise or salad dressing (1 tablespoon)	100	11.2
Tomato (2 slices)	2	0.0
Lettuce leaf	3	0.0
Vegetable soup (1 cup)	79	1.5
Saltine crackers (2)	26	0.6
1% milk (1 cup)	102	2.6
Mixed melon (½ cup)	28	0.2
SNACK		
Apple	81	0.5
SUPPER		
Broiled lean T-bone steak (6 oz.)	366	18.0
Baked potato with sour cream (1 Tbsp.) and chives	247	2.7
Steamed broccoli spears (½ cup)	25	0.1
Dinner salad (1 cup)	18	0.0
Low-cal Italian dressing (2 Tbsp.)	14	0.0
Whole wheat roll	72	0.8
Margarine or butter (2 teaspoons)	72	8.2
Red wine (4 oz.)	85	0.0
DESSERT		
Ice milk (½ cup)	92	3
TOTAL	**2,010 calories**	**58.8 (g) 26% fat**

(59 x 9) ÷ 2,010 = .26 x 100 = 26%

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

FASHIONABLE RASHES

Nickel allergies follow trends

Once upon a time (before the 1960s, that is) rashes caused by nickel were as common as garter belts. Today, the rash is just as common, but the cause isn't likely to be the metal snaps supporting women's hosiery. The invention of panty hose means that earrings now are the most common culprit, says the American Academy of Dermatology.

Two researchers writing in the Academy's official journal list factors that make you a likely candidate for developing a sensitivity to nickel:

- excessive sweating
- jobs where your hands often are wet
- poor circulation in fingers or toes
- pierced ears, particularly when done at an early age.

Women seem to be more at risk than men, probably because they are exposed to nickel earlier in life and more often. Repeated contact can sensitize you to the metal.

For those who do develop rashes, the best treatment is to avoid contact with nickel, especially jewelry unless you know it is free of exposed nickel.

EYE ON EXERCISE

Cutting glaucoma risk

Here's one more reason to head for the gym: you may be saving your sight. Regular exercise appears to help people with mildly elevated pressure within their eyes. Such pressure, a hallmark of glaucoma, can lead to partial or complete blindness when allowed to build over the years.

In a study by Michael S. Passo, M.D., and associates at Oregon Health Sciences University in Portland, Oregon, exercisers who did aerobic exercise for three months saw a 20-percent drop in eye pressure. Such exercise could reduce or delay the need for drugs to reduce pressure.

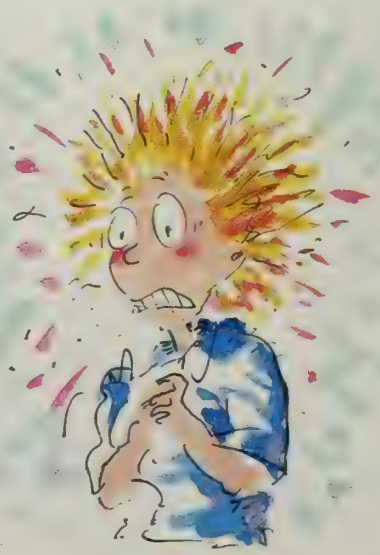


But don't depend solely on exercise for protection, warn eye experts. Everyone over 40 should take the simple, painless test for the condition, which starts without symptoms. See an eye-care professional for details.

PANIC ATTACKS? YOU'RE NOT ALONE

New treatments can help

Panic attacks—sudden, generally unexpected feelings of dread—strike one out of 11 persons, according to new research from the University of Texas Health Science Center in San Antonio. Often mistaken for heart problems or hypochondria, these frightening episodes can be controlled with drugs, talk therapy, or a combination of both.



In screening 1,307 San Antonio residents, David Katerndahl, M.D., and Janet Realini, M.D., defined a panic attack as an episode marked by at least four of 13 symptoms. The most common symptoms included chest pain, shortness of breath, trembling, dizziness, faintness, and fear of death. Just over 9 percent of those screened reported at least one such attack.

When panic attacks continue, or the fear of another lasts at least a month, the condition is diagnosed as panic disorder. In the study, 3.7 percent matched that description.

Only 25 percent of panic disorder sufferers receive appropriate treatment, notes a National Institutes of Mental Health study. According to the NIMH, state-of-the-art drug treatments include various antidepression drugs, alprazolam (Xanax), and fluoxetine (Prozac and Dista).

Talk therapy works, too. The best bet to reduce panic attacks is a two-punch combination: Cognitive therapy (to change negative thinking patterns) and behavior therapy (unlearning problem behaviors). If you'd like to try this treatment, get a referral to a therapist with successful experience in treating panic disorder.

FREE FOR THE ASKING

Diabetic travelers take note

Insulin-dependent diabetes patients need to take special care when traveling across several time zones. Specifically, they should adjust their daily insulin regimen to maintain proper blood glucose levels. A free, wallet-size card outlines the adjustments needed.

To receive the card, write: The Diabetic Traveler, Dept. BH, P.O. Box 8223 RW, Stamford, CT 06905. You'll also receive information about a quarterly six-page newsletter ($18.95 annually) for travelers with diabetes.


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Decorating with the greatest of ease

Like most good decorating projects, Roberta Brown Root's started with a vision. The dream? To transform the aluminum siding, fake flagstone, and dark paneling of a poorly remodeled Seattle home into a breezy lakeside cottage that recalled her Minnesota childhood. The reality? A budget, of course. Tour her mind-over-money ideas to find fodder for your decorating dreams.



By Rebecca Jerdee and Sandra S. Soria

affordable

STYLE



For homeowner and interior designer Roberta Brown Root, a tight-fisted budget turned into an ally. Affordable slipcovers and homespun accents give rooms the cottage informality she wanted all along.

Related art and a white background prevent a precious childhood teacup collection from getting lost in a room of heftier objects.





"My kids thought I was nuts and the Realtor termed it unlivable," says Roberta. "But the home had a view and a bargain price, and I had a vision for it." With more creativity than cash, Roberta dared to make her dream home come true. Here's how:

White out mistakes. The budget dictated that her family live in the home during the three-year remodeling, so this single mom's first challenge was a big one: make it livable. "We painted everything with white enamel just to make it clean," says Roberta. "We glossed over countertops, linoleum, even a few spiders." Living with the clean slate helped Roberta decide that white-painted paneling and added-on beams were the right ingredients for the cottage on which her sights were set.

Head for covers. To update and "swimsuit proof" her 10-year-old collection of upholstered pieces, Roberta hired a local seamstress to slipcover them in affordable cotton duck from a local

awning shop. "If they get too soiled to clean," says Roberta, "cotton takes dye beautifully."

Little things that mean a lot. Against the room's white decorating canvas, touchable accents—quilts from her native Midwest, pots of flowers, and a wall of books—color the room and, more important, give it heart. "With such a small home," explains Roberta. "I can't seal off rooms behind velvet ropes. Every room has to live."

Know when to quit. As any good cook will attest, knowing what to leave out is as critical to a mix as deciding what to toss in. When decorating, Roberta relies on a simple test: "If I'm shopping and I see something wonderful, I don't buy it unless I decide what I can put away or sell to make room for it," she says. "It keeps me sensible."

Roll out a welcoming mat. Her floors must withstand a stampede of teenage feet, so Roberta paid a little more for hard-wearing sisal carpet. Stretching out like an expanse of beach, the nubby sisal adds eye-pleasing texture without





Working with trusted contractor Randy Hoehn, Roberta decided to take walls and ceilings to the studs then rebuild with rustic paneling and beams that expressed her vision for a "beefy cottage, not a prissy one."

affordable

STYLE





Rejecting the notion of a formal dining area, Roberta opted for a casual eating spot that would coax her three teenagers and friends to relax and stay awhile.

weighing down the light and airy scheme with heavy color or cluttering pattern.

Double your function, double your fun. With a sofa tucked in along one wall, this small, off-the-kitchen dining area doubles as a family room. Designed for kicked-back conversing or curling up with a good book, the room's coziness draws visitors. "This is the place we use the most," Roberta says.

First-rate style at secondhand prices. By spending time sleuthing flea markets, antiques shops, and even bartering with friends, Roberta saved money on a friendly gathering of mismatched wicker. The chairs will never go to waste; they can be shuffled to the deck if Roberta invites other chairs to her dinner party.

Style you can see right through. Well-placed pieces lend high design impact without a high price tag. Painted by a local artist and friend, a framed mirror costs less than a same-size painted canvas and cleverly "expands" the room's dimensions. Nearby, an artfully airy



baker's rack gives collectibles a place to perch, without interrupting the window wall.

Let the sunshine in. When privacy isn't an issue, Roberta lets undressed window architecture speak clearly for itself. At the kitchen window, a budget-wise matchstick blind offers a barely-there alternative that echoes the natural beauty of the sisal flooring.

Borrow room "jewelry" from nature. To extend a hearty greeting to company, or simply to celebrate the day,

Adding a few extra inches to the countertop that divides kitchen from eating spot gave the Root family a breakfast bar. Plucky barstools speak for the homeowner's lighthearted nature.

"It's not an object's cost that creates the atmosphere of home," says Roberta, "it's the heart of things. Family photos, spring flowers, and kid's art, all have something to say."

Photographs: Michael Jensen. Interior Design: Roberta Brown Root. Regional editor: Trish Maharam





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STYLE



Roberta doesn't trot out expensive crystal but parades nature's jewels—baskets bursting with garden blooms and bowls of gleaming fruit. **Bring the beauty of the indoors out.** Faced with a concrete slab of patio and a tangle of wild blackberries,



Because her entry garden had to be planted on a concrete slab, Roberta built raised beds from weathered timber and simple boxes to gain blooming space without draining the budget. The happy result? The eye-level beds are easier to see—and to weed.

By extending a gate and wall from the garage, Roberta gained her own secret garden. Doorlike gates provide a cottage welcome, security, and privacy—plus a teasing glimpse into the heaven beyond.

A basic window box made of plain framing lumber and lifted to sill level with a knee brace, becomes an elegant indoor-outdoor eye-pleaser when it's bursting with pink ivy geraniums.

Roberta used her own brand of easy style to transform the home's neglected entry into an inviting private Eden. "By building one wall and covering the existing patio with the more finished look of brick, we extended the perimeters of the home and gained a room," she says. Doorlike gates, a raftered arbor, garden artwork, and other accessories complete the homey mood.





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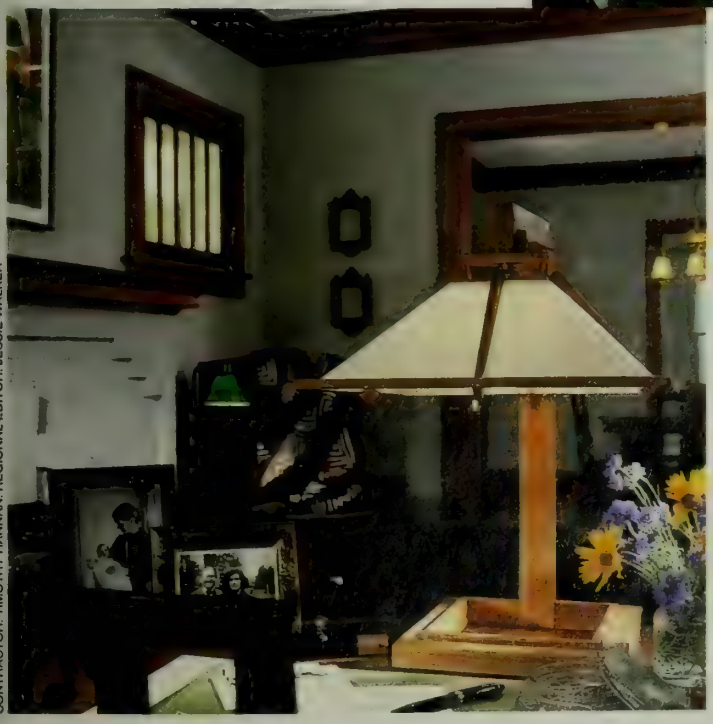
R.J. REYNOLDS TOBACCO CO. CONSUMER RELATIONS

Yesterday's charm
FOR TODAY'S FAMILY

BY STEVEN GREENHUT

Give that old-time charmer in an overlooked neighborhood another glance. You can stretch its space and add those necessities that modern life demands. Plus, you'll build equity in a close-in community that most people merely peer at as they drive by on the crowded expressway.





Well-chosen accessories, such as this Frank Lloyd Wright-inspired desk lamp, echo the architecture.

Invest in the past. Located in an older neighborhood just outside Chicago, Jerry Goldman and Susan Kennedy's brick bungalow was convenient, affordable, and in livable condition. Although the house was too small and lacking some important amenities, the quality and handsome simplicity of its Craftsman-style architecture fit well with Jerry and Susan's values. Because such oak-drenched charm and solid construction isn't available in most newer homes in their price range, the couple chose to

PHOTOGRAPHS: JULIE MIKOS/JESSIE WALKER ASSOC. ARCHITECT: ELLEN GALLAND
CONTRACTOR: TIMOTHY HANNAN. REGIONAL EDITOR: JESSIE WALKER

Yesterday's charm





LESSONS LEARNED

- Good buys are still getting overlooked in close-in neighborhoods.
- The keys to a good renovation are respect and restraint.
- The most dramatic improvements may be the least costly: fresh paint, refinished woodwork, period-style fixtures and fittings.
- Minimal window treatments help a small home feel bright and spacious.

The spareness of the dark fabric couches, bare windows, and basic wood furnishings works in harmony with the living room's strong Craftsman lines.



Yesterday's charm

LESSONS LEARNED

- **Select furnishings that accent the architecture.**
- **Use furnishings and accessories to tie together newer and older parts of the home.**
- **Install period lighting for an easy way to add charm to an older home.**

adapt this little gem to their needs rather than pack for a subdivision far out in the suburbs.

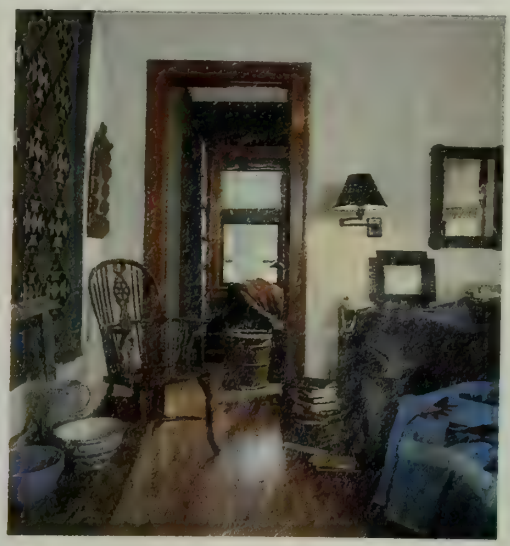
Jerry and Susan's renovations are a lesson in restraint. By respecting the architecture, they adopted a sure strategy for increasing the home's beauty as well as its value.

In the living room, dining room, and first-floor bedroom, they enhanced the home's charm with simple, low-cost projects such as pulling up carpets, refinishing the underlying oak floors, and brightening the walls and ceilings with fresh paint. Major kitchen and second-floor renovations blend effortlessly, thanks to their pared-back ornamentation and functional simplicity.

Update for the '90s. To bring this '20s bungalow up to '90s standards, Jerry and Susan updated the electrical system and installed central air conditioning. "Then we got really carried away," Jerry says. They decided to transform this modest place into their dream home, rather than limit their efforts to a small-scale renovation with an eye toward eventually moving.

Architect Ellen Galland turned an acceptable but dated kitchen into one that Jerry and Susan always dreamed of having. Galland expanded the room into the backyard by tearing down a tacked-on shed. Incorporating the existing pantry into the floor plan gained more workspace.

With its plain lines, the dining room set blends into the woodwork and focuses attention on the artful geometry of the oak-trimmed windows. Wide wood-slat venetian blinds offer privacy without detracting from the windows' strong lines.



Refinished floors and freshly painted walls are all that this first-floor bedroom needed.

Yesterday's charm

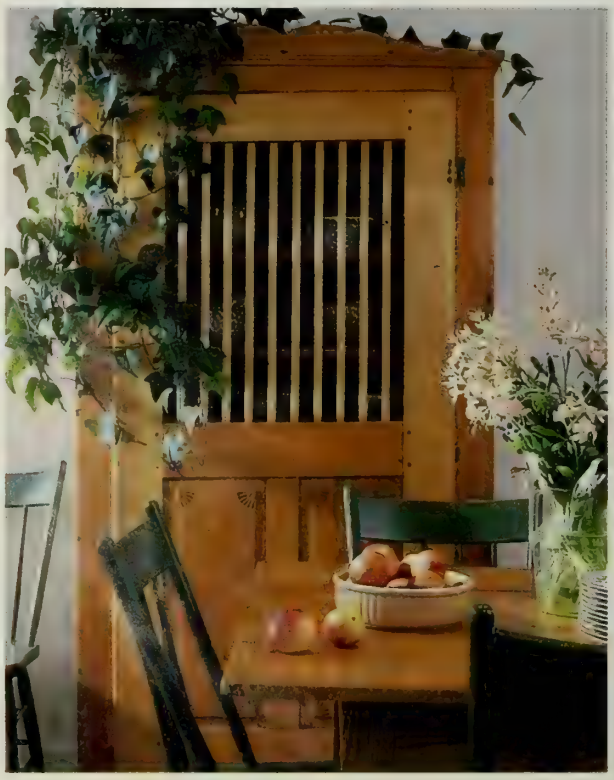
Even with its white cabinets and contemporary flair, the kitchen fits the home naturally because of its seamless simplicity, oak floors, and wide window moldings.

To indulge their passion for serious cooking, Jerry and Susan chose a stainless steel commercial range that is also the room's striking centerpiece. Food preparation and clean-up is a snap with extra-deep granite counters that are another addition of a natural material.

Expanding the living area. Jerry and Susan found extra space without resorting to a costly large-scale addition. They transformed an undefined attic with a single bedroom into a functional second floor. By bumping out a new dormer they gained enough room to rearrange the entire upstairs floor plan and carve out two bedrooms, a study, and a spacious hallway full of much-needed built-in storage.

LESSONS LEARNED

- **Choose simple cabinets and natural accents to blend a contemporary kitchen with an old-time house.**
- **Find more upstairs space without a large-scale addition by restructuring the floor plan.**
- **Design bump-outs that are inconspicuous from the street to respect the architecture and the neighborhood.**
- **Update an older home's systems to boost its livability as well as its market value.**



Granite counters and hardwood floors accent the sleek cabinets.

Traditional furnishings in the eat-in area link the kitchen to the living and dining rooms. Door slats in the oak milk cooler echo the square post pattern found throughout the house.



Yesterday's charm

Tightly woven gray-and-white-flecked carpet, recessed lighting, skylights, and other modern finishes lend a light and airy look. A new oak Craftsman-style stair rail carries the first floor's warmth and charm to the cool and contemporary second floor.

The dormer addition was inconspicuous even though it yielded lots of living space. The original appearance is still virtually unaltered, especially from the street view. From the front, only the landscaping has changed. The couple added a sculptured bed of groundcover at flowing angles to dramatize the entrance to this simple structure. Window box flowers add color to the arrangement.

A perfect match.

The couple was careful to use only those furnishings that bring out the home's charm. Jerry's Craftsman-style antiques and Susan's early American primitives fit handsomely throughout. Though separated by about 200 years, the styles share similar simple virtues that allow for easy mixing and enhance the warm wood tones and simple, solid lines that are the hallmark of this home.



Complete with skylights and casement windows, the dormer draws in sunlight and fresh air—necessities for this formerly dark and stuffy attic.



Custom-built solid-oak covers hide unsightly radiators without restricting heat flow, and carry the Craftsman theme to every room.



The new upstairs floor plan yields an abundance of under-eaves storage. Architect Ellen Galland designed this oak stair rail with a Craftsman-style baluster.

On the Wings of Love



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SUPER SAVER'S GUIDE

LIVING WELL FOR LESS

HOW TO CUT YOUR LIVING COSTS AND STILL ENJOY LIFE'S LITTLE LUXURIES

- **Save on credit card costs** using the "Fair Deal List" of phone numbers for the best low-interest and no-fee bank cards. Updated quarterly. Send $4 to: Bankcard Holders of America, 560 Herndon Pkwy., Suite 120, Herndon, VA 22070; or call, 800/553-8025.



- **Refinance your mortgage**—if you can do it for at least 2 percent less than your current loan, and if you intend to stay in your home 4 years, now is an excellent time to check out refinancing rates.

- **Over your head in debt?** Contact a no- or low-cost Consumer Credit Counseling Service to help you deal with creditors. For a counselor in your area: 800/388-CCCS.

- **Do your taxes on computer.** Software costs less than most professional preparers charge, and it's a good way to organize and keep records. Two good, basic programs are "TaxCut," by Meca Software, and "Turbotax," by Chipsoft. Suggested retail, each: long form (1040), about $80; short form, $30; individual states, $50.



A BLOOMING BARGAIN

A border of colorful blooms is still a bargain when you sow a few rows of flower seeds. Costing less than $2 today, a single packet of Ruffles Hybrid zinnia seeds blossomed into this stunning sidewalk display (*above*) of vibrant blooms.

Photograph: D. Randolph Foulds. Design: Phyllis W. Cole Landscapes
Regional editor: Estelle Bond Guralnick

A KINDER, GENTLER LIGHT

Tired of steeling yourself against sudden glare when hitting the bathroom light switch at night? For less than $10, a dimmer switch will buy permanent reprieve from optical overload. Dimmers let you keep the light low at night or bring it up in easy stages in the morning.



PILLOW TALK CAN BE CHEAP . . .

when you use ready-when-you-are cloth napkins, such as these bright companions from *Pier 1 Imports*. Most of the detail work is done for you, including fringe and woven pattern; all you do is stitch together two like napkins, stuff with your choice of filling, and toss them on a tired sofa or bed for a quick room perk up.

continued on page 81



IT'S SO EASY

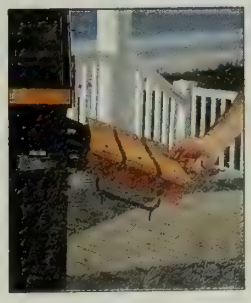
to go from box to barbecue in minutes with Sunbeam's new Easy-to-Assemble gas grill. The taste of the great Southwest is moments away because factory assembled components make it easy to be cooking in minutes. And features like a convenient side burner, easy-clean cooking grids, and fold-away side tables make it so easy to use. American made quality, and Sunbeam's exclusive 10·3·1 consumer warranty* make it so easy to see why Sunbeam is the Southwest's favorite gas grill. Easy to use, easy to clean, easy to assemble, and easy to find. Just call 1-800-621-6930 for your nearest Sunbeam retailer.

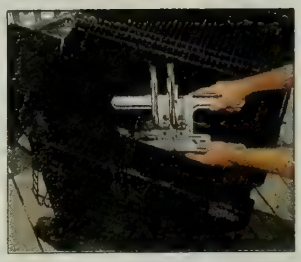


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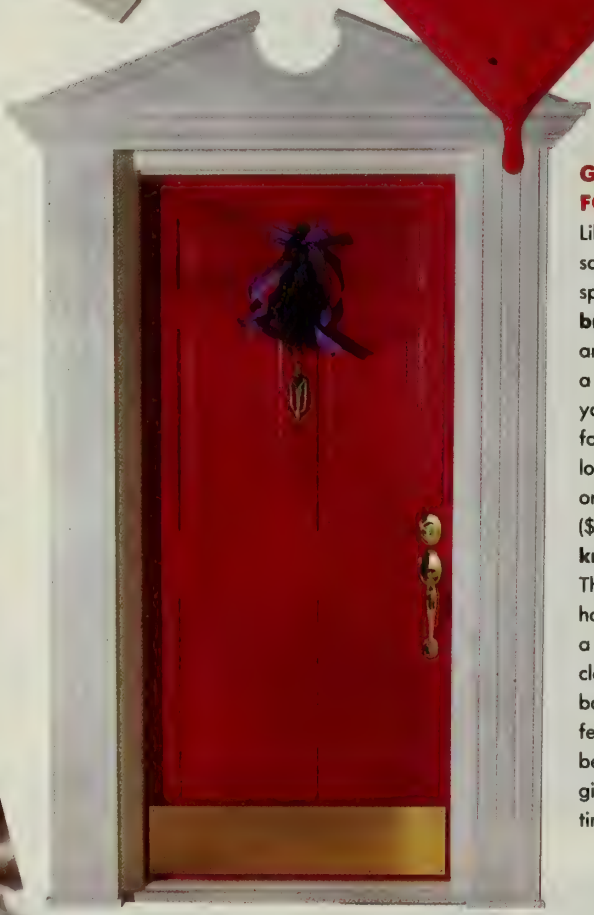
LIVING WELL FOR LESS



TIPS TO STRETCH YOUR DOLLARS

- **Keep your car tires properly inflated by using this $2 pressure gauge and save $20 in gas every year.**
- **Cut the bottom off a 2-liter plastic pop bottle for use as a throwaway oil funnel.**
- **Don't repaint that room because you forgot the exact paint color for a touch-up. Record paint data on the wall behind the switch plate.**
- **To keep a tube of caulk or glue from drying out, screw a cup hook into the end.**
- **Use a hose as a garage bumper to avoid car dings.**





GET A LIFT FOR ABOUT $50

Like a bold new pocket square for an aging sport coat, a dash of **bright enamel** helps an ordinary door make a grand entrance. And, you can paint it yourself for less than $7. For a low-cost finale, screw on a **brass kick plate** ($23 to $30) and **door knocker** ($15 and up). Then, help any old hardware shine on with a rubbing of brass cleaner. Sure, the neighbors will enjoy the effect, too, but the real benefit is that you'll give *yourself* a lift every time you open the door.

WAKE UP TO BREAKFAST featuring fancy foods without the fancy price. Purchased scones or biscuits topped with homemade Lemon Curd taste even more scrumptious with a cup of hot tea.



LEMON CURD

- **½ cup sugar**
- **1 Tbsp. cornstarch**
- **2 tsp. finely shredded lemon peel**
- **½ cup lemon juice**
- **2 Tbsp. margarine**
- **3 beaten egg yolks**

In a saucepan stir together sugar and cornstarch. Stir in peel, juice, and margarine. Cook and stir till thickened and bubbly. Gradually stir about *half* of the hot mixture into yolks. Return all to saucepan. Bring to a gentle boil. Cook and stir for 2 minutes more. Cover surface with clear plastic wrap. Cool; chill before using. Makes 1 cup.

Per tablespoon: *50 cal., 2 g fat, 40 mg chol., 7 g carbo., 18 mg sodium.*

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Photograph: Perry Struse

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DECORATING

COVER STORY
The latest in blankets

To give your room a quick perk-up, try tossing a rich, vibrant blanket across the bed. Its new patterns and bright colors will work doubly hard as the blanket gives your bedcover a rest.

If you're in the market for a hot look, consider a frontier motif such as the wool-and-cotton blend Sachem Heirloom blanket (*above right*) from Beacon. It costs $120–$150 in queen size. (Look for similar designs in acrylic or in new cotton thermal prints if your budget is $29–$45 for a queen-size blanket.) Pendleton's Beaver State blankets and Woolrich's American Heritage blankets also revive the Native American patterns that were popular earlier in this century.

A classic plaid in bright colors, such as a woven cotton plaid blanket from Garnet Hill (800/622-6216), will easily slip into almost any style of bedroom. Or, if your room simply needs some nubby surfaces to warm it up, try a new natural: an undyed woven blanket. Lands' End (800/541-3459) has one in combed cotton with a textural design woven into the blanket.

WHAT TO LOOK FOR

When you buy a new blanket, whether it wears a special design or simply warms you up, keep these characteristics in mind:

Loom-woven blankets are of the highest quality and most durable. Thermal weaves have loose construction that allows air to circulate through the blanket. Use thermal-woven blankets in the spring and summer because they are light, cool, and comfortable. For winter's big chill, try a conventional blanket, which has a tighter weave that keeps warm air trapped beneath the blanket.

Needle-punched or nonwoven blankets are produced by running cloth through a machine that punches and pounds fibers into blanket fabric. They provide warmth and durability at a low cost. Use them in a child's or teenager's room, where blankets will probably receive rough treatment.

Bindings can easily unravel on blankets that get heavy use. Generally, the more stitches per inch, the stronger the grip and the less likely it will unravel. A safety chain stitch goes parallel as well as back and forth for a more durable binding than that of a plain straight stitch.

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LINGUINE TUNA SALAD

(Makes 6 servings)

- 1 (7-ounce) package Creamette® Linguine, broken in half, cooked and drained
- ¼ cup ReaLemon® Lemon Juice from Concentrate or ¼ cup ReaLime® Lime Juice from Concentrate
- ¼ cup vegetable oil
- ¼ cup sliced green onions
- 2 teaspoons sugar
- 1 teaspoon Italian seasoning
- 1 teaspoon seasoned salt
- ½ teaspoon TABASCO® Pepper Sauce
- 1 (12½-ounce) can StarKist® Tuna, drained
- 1 (10-ounce) package frozen green peas, thawed
- 2 medium tomatoes, chopped



In large bowl, combine ReaLemon® brand, oil, onions, and seasonings; mix well. Add *hot* linguine; toss. Add remaining ingredients; mix well. Chill. Refrigerate leftovers.

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MICROWAVE TUNA PASTA BAKE

(Makes 9 servings)

6 strips Creamette® Lasagna
½ cup chopped onion
1 tablespoon vegetable oil
¼ cup unsifted flour
2 cups chopped fresh or frozen vegetables
1 cup milk
½ cup ReaLemon® Lemon Juice from Concentrate
1½ cups shredded mozzarella cheese
1 cup cottage cheese
¼ cup grated Parmesan cheese
1 egg
¼ teaspoon pepper
1 (12½-ounce) can StarKist® Tuna, drained

Place lasagna in 12x7-inch glass baking dish; cover with water and set aside. In 1-quart glass measure, combine onion, oil and flour. Cook on 100% power (high) 1 minute; stir to dissolve flour. Stir in vegetables and milk; cook on 100% power (high) 4 minutes, stirring once. Stir in ReaLemon® brand. Combine *1 cup* mozzarella, cottage cheese, Parmesan, egg and pepper. Drain lasagna. In same dish, layer half *each* lasagna, vegetables, cheese and tuna. Repeat layers; top with remaining *½ cup* mozzarella. Cover; cook on 100% power (high) 15 minutes or until hot. Let stand 10 minutes. Refrigerate leftovers.

*Microwave ovens vary in wattage and power output. Cooking times may need to be adjusted

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TUNA TANGO SPREAD

- 1 12½-ounce can StarKist® Chunk Light or Solid White Tuna, drained and flaked
- ½ cup sour cream
- ¼ cup mayonnaise
- 3 tablespoons ReaLemon® Lemon Juice from Concentrate
- 1 tablespoon Dijon mustard
- 1 teaspoon TABASCO® Pepper Sauce
- ¼ teaspoon salt
- 2 cups diced fresh vegetables (a mixture of any of the following: red, green or yellow bell peppers, cucumber, seeded tomato, scallions, celery, broccoli)
- Wasa® Crispbread

In a large bowl, mix together tuna, sour cream, mayonnaise, ReaLemon® brand, mustard, pepper sauce and salt. Fold vegetables into tuna mixture and chill. Serve on Wasa® Crispbread. Makes about 3½ cups.



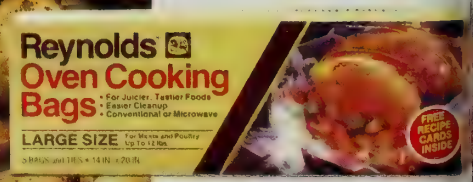


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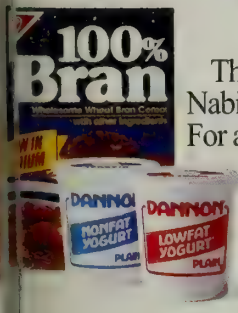


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Retailer: One coupon per purchase of product indicated. Consumer to pay sales tax. Cash value 1/20¢. Del Monte Foods will reimburse to you the face value plus handling if submitted in compliance with the Del Monte Coupon Redemption Policy. For free copy and/or coupon redemption, send to Del Monte Foods, CMS Dept. 13130, One Fawcett Drive, Del Rio, TX 78840. Expires 5/31/92.

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...ter. Blend ...5, stirring constantly ...es. Stir in milk; cook, stirring constantly until thickened. Season sauce with salt and pepper. In buttered 2 qt. microwaveable dish, layer ⅓ of noodles, sauce, cheese, ham and asparagus. Repeat layers twice. In microwave, cover and cook on high 9 to 10 minutes, turning twice. 4 servings.
Prep & Cook time: 30 minutes

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Send to: **Finest Kitchens Recipe Offer**
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(please print)
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State _____ Zip _____

All recipes kitchen tested by manufacturer. Expense of these recipes borne by advertisers. Coupons include cents-off coupons, rebates, discounts, refunds and samples which may require additional expense to effect savings. **Coupons expire in 3 to 9 months. Offer expires December 31, 1992.**

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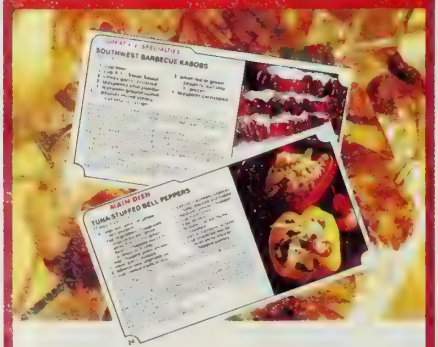


Ingredients:

- 5 lasagne noodles (2-inch wide)
- 2 cloves garlic, minced
- ½ tsp. thyme, crushed
- 2 Tbsp. butter or margarine
- 2 Tbsp. flour
- 1⅓ cups milk
- 1 cup shredded mozzarella cheese
- 1 cup julienne ham
- 1 can (15 oz.) *Del Monte®* Extra Long Asparagus Spears, drained

(continued on back)

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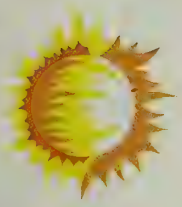
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Shipped in a handy book format.
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RETIREMENT PLANNING

How to start now to make your future secure

BY MARGARET DALY

Start planning for retirement *NOW?* With the actual date years away? With the economy downright depressing? With banks going belly up, insurers faltering, college costs soaring, and social security shaky at best?

The truth is, if ever there were a time to take charge of your retirement planning, it is now. Future retirees are going to be living longer and spending more on health care. Inflation will take its toll. Employers are tossing more and more financial decisions—and costs—squarely on your shoulders. You have to know what you are doing.

- Planning strategies
- Building your nest egg
- Spreading the risk
- Smart tax moves
- Mutual fund investing

Social security and pension payments simply will not be enough for a comfortable retirement. In fact, experts predict that couples in their mid-forties today will have to rely on savings and investments for at least one-third to one-half of their retirement income.

The good news: You have more options and resources at hand to help you plan than ever.

The certain news: Ostriches lose.

continued on page Z4



STEVE BJORKMAN

RETIREMENT PLANNING

continued from page Z3

CHART I

Meeting Your Goals

Amount you can accumulate through monthly investing

	Monthly Investment		
Time Horizon	**$50**	**$200**	**$500**
2 Years	$1,305	$5,221	$13,053
5 Years	$3,698	$14,793	$36,983
10 Years	$9,208	$36,833	$92,083
20 Years	$29,647	$118,589	$296,474

Note: Table reflects 8% interest compounded monthly but does not reflect tax consequences. This table is hypothetical and is solely intended to demonstrate the effects of compounding. It is not intended to represent the past performance or future results of any particular security. Source: T. Rowe Price Associates

SIX ESSENTIAL STRATEGIES

1. Know where you are. Building a nest egg means not spending everything you make. Your first step: take an eyes-open financial inventory.

That's a two-part task. The first part is to track your cash flow, what comes in and what goes out. In other words, create a budget. It doesn't have to be to the penny, but it does have to be realistic so that you can see where you might cut costs or redirect funds for the long term.

The second part is to get a handle on your net worth—everything you own, minus everything you owe. Your net worth is what must grow over the years to provide your nest egg.

2. Know where you are going. Financial goals can change, and unexpected pressures intervene. And without clarity and communication, any goal is difficult to meet.

What is your vision of a comfortable retirement? Does your spouse agree? What are you willing to sacrifice toward that end? How important is a private versus a state-college education for your kids, for example? A larger car versus extra cash to invest? A second income versus family demands?

TIP: Your goal for a comfortable retirement should be to have at least 70 percent of your pre-retirement income. You may want more. Retirement-planning workbooks (see the sidebar, *right*) will help you figure the numbers and adjust them for inflation.

TIP: Although college costs may loom large, don't let the prospect demolish retirement planning. Some savings and investments can accrue toward both education and retirement, of course. But target longer-range plans to retirement. For school funds, check into income shifting, home equity loans, college savings plans, EE bonds, and other resources.

3. Know yourself. How much risk are you willing to take? How much market volatility can you tolerate and still sleep nights? Different financial vehicles fit different goals and temperaments. But face it: With CDs, money funds, T-bills, and other such assets paying such paltry returns these days, you're going to have to stretch to build up retirement funds.

The following pages suggest ways to spread the risk. Most important is to recognize the trade-off when you opt for absolute security—a significantly lower rate of return, which could mean a real squeeze on your retirement life style.

4. Set up a plan. First, add up pension and social security funds:

- Get pension estimates from your company's benefits department; be sure that you understand vesting and other rules.

TIP: When you change jobs, place any vested retirement funds into a "rollover IRA." That postpones taxes and leaves you a larger sum that will build toward retirement. It also removes the temptation to spend now.

- Ask Social Security for Form SSA-7004, "Personal Earnings and Benefits Estimate Statement" (call 800/772-1213; expect a six-weeks' delay). **TIP:** Check your account at least every three years, and notify your Social Security office immediately of any discrepancies in earnings credits.

To get a fix on what size nest egg you will need, subtract your pension and social security figures from the retirement income you want. The difference is what you must provide from your own savings and investments.

5. Review your plan regularly. Update numbers and goals at least once a year. Income-tax time seems the obvious choice, when you have your records together, but consider early fall, too. That's when most employers ask you to make payroll-deduction decisions for next year for 401(k) and other tax-deferred plans (see below). Fall also is a good time to review year-end tax strategies.

6. Use resources smartly. There is lots of information to tap from financial institutions, personnel offices, community college courses, personal computer programs, magazines, and newspapers. Get into the habit of reading the financial pages in the daily paper; you'll find no sure-fire formulas, but over time you will gain a sense of how current news affects finances. Also consider a professional financial planner; check credentials and evaluate fee structures carefully.

TIP: One ongoing, essential re-

continued on page Z6

TWO HELPFUL WORKBOOKS

A fill-in manual with charts and worksheets can do wonders to help you figure how much you need for retirement. Two of the best, for free:

- **"The T. Rowe Price Retirement Planning Kit," T. Rowe Price, 100 East Pratt St., Dept. BHG, Baltimore, MD 21202; 800/638-5660.**
- **"A Step-by-Step Guide to Planning for Retirement," Fidelity Investments, 82 Devonshire, Dept. BHG, Boston, MA 02109; 800/544-8888.**

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RETIREMENT PLANNING

continued from page Z4

source is the paper trail you regularly receive about your finances. Check all bank statements and credit card reports for errors. Read all literature from your employer about pensions and other fringe benefits. Insist on clear answers to your questions.

THE PRICE OF DELAY

Putting off retirement planning will cost you money in the long run and could force you into later retirement or a less comfortable lifestyle than you had hoped for. Quite simply, the longer you save and invest, the more you will benefit from the magic of compounding. For a 35-year-old, $3,000 a year will build to $367,000 at 8 percent by age 65 before taxes. For a 50-year-old, it would take $12,500 a year.

Chart I gives you an idea of how much you must put aside regularly, earning 8 percent a year, to reach specific goals. Chart II demonstrates the ravages of inflation. Even at 4 percent per year, $1,000 in 1992 will have the purchasing power of only $460 just 20 years later. Most experts predict from 4 to 5 percent a year in the '90s.

HOW TO BUILD YOUR NEST EGG

Ideally, the experts say, at age 30 you should begin targeting 10 percent of your after-tax income each year toward retirement. If you don't start until your 40s, you'll need at least 15 percent—and considerably more if you are in your 50s, or are self-employed or without a pension.

Can't spare the funds? Look again, and consider the tips in the sidebar on how to make the task automatic. Also see the chart at the end of this special section about long-term-growth mutual funds that let you start small.

Most important, even if you must start small, start now. The discipline of formulating a plan and sticking to it, however modest at first, will help you gain a sense of control over your future and make critical decisions all along the way. Basic steps:

1. Create a cash cushion. A good general rule is to stash from three to six months' worth of take-home pay in liquid form, like a savings account or money market fund. Yes, rates are meager these days, but the ready cash is important for emergencies.

TIP: Short-term government securities mutual funds and certain tax-exempt funds may bring a better return for your cash, with limited risk.

TIP: If two incomes or other assets warrant it, your cash reserves could provide a handy way to buy into mutual funds or stocks at lower cost whenever the market drops—as many experts predict it will early in this year, before picking up before fall. (History shows similar patterns in most presidential-election years.)

MAKE IT AUTOMATIC

Consistency and persistence are the keys to building a retirement nestegg. It also helps if you don't get your hands on the money first. Suggestions to ease the pain:

- **Arrange for monthly paycheck deductions to go directly into savings or EE Savings Bonds.**
- **Get your bank to make automatic transfers to savings.**
- **Many mutual funds accept similar deals from bank accounts.**
- **Ask to have all mutual fund dividends and capital gains reinvested.**
- **Purchase stocks that allow automatic dividend investments.**
- **Take advantage of 401(k), flexible-spending plans, and other employer programs that come out of your gross pay automatically and reduce your taxable income.**

2. Get adequate life insurance. Inexpensive term is the best bet to cover your kids' growing years; group coverage through your job and professional or other affinity group generally is cheapest of all. Also explore various forms of permanent insurance, like whole life, universal life, and variable life. These cost more than term but provide greater flexibility in premiums, coverage, and long-term asset buildup while protecting your family against major loss at the same time.

TIP: Always make sure you understand how such products function and what they really cost in terms of up-front loads and other expenses. Be suspicious of unrealistic sales pitches, like the promise of very high rates of return. Compare several alternatives before signing up.

TIP: To check current financial ratings of any insurer, call these four rating services and buy only from companies that receive top ratings (ask for criteria): A.M. Best, 908/439-2200; Duff & Phelps, 312/368-3157; Moody's Investors Service, 212/553-0377; Standard & Poor's, 212/208-1527. Best charges $2.50 a minute.

3. Make the most of employer plans. Tax-favored 401(k) and other such plans offered at your job should be your first choice for building retirement funds, and you should contribute as much as you can. Your advantages are several: Your contributions reduce your taxable income so that your money compounds faster. Most such plans offer at least some

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CHART II

Impact of Inflation on Purchasing Power of $1,000

	Average Annual Rate of Inflation		
Years	**4%**	**6%**	**8%**
5	$820	$750	$680
10	680	560	460
15	560	420	320
20	460	310	210
25	380	230	150

Source: T. Rowe Price Associates

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RETIREMENT PLANNING

continued from page Z6

matching funds from your employer. And, the automatic payroll-deduction format makes saving easier to handle.

TIP: Most 401(k) plans offer several investment choices, from fixed-income funds to growth mutual funds and your company stock. You should build a good chunk of growth into your plan, into your 50s and beyond.

TIP: Be wary of investing too much in your own company, since your salary already is tied to its fortunes.

4. Spread the risk. Different investments serve different purposes and perform differently under different economic cycles. Few folks—even experts—can call the shots accurately all the time. That is why diversification among investments for growth, income, and preservation of capital is critical to smooth out the peaks and valleys of economic cycles.

TIP: Asset allocation should vary by life stage, with more aggressive growth in younger years, and preservation of capital increasingly important as retirement nears. Chart III typifies advice for two life stages. Tolerance for risk and other factors will alter the mix for individuals.

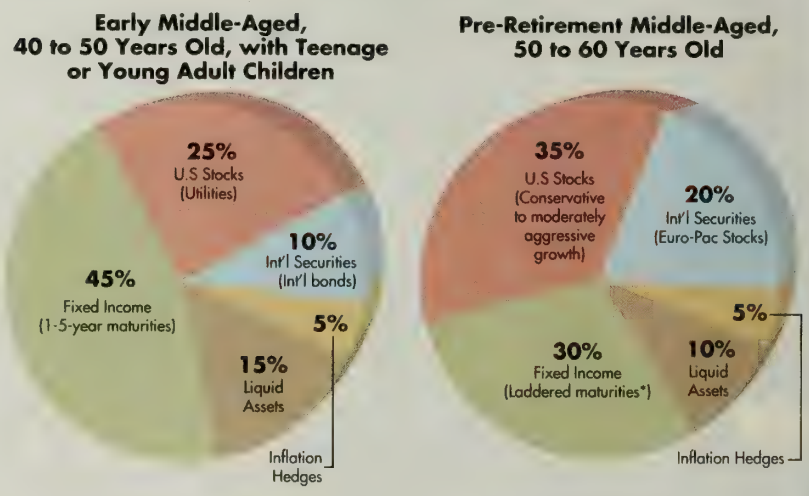
TIP: Dollar-cost-averaging offers the best way to hold overall costs down and get the most for your money. With dollar-cost-averaging, you invest the same amount at regular intervals, no matter what the security price. That way, you buy more when prices are down, less when they are up, and you'll get more for your money over time. The technique is especially compelling in light of the market volatility many experts expect for the 1990s.

5. Go for growth. Even though stocks generally are more volatile than other investments, over the long term investors in stocks have fared best. During the 20 years between 1970 and 1990, for example, stocks won the overall average-annual-return race hands down: 12.7 percent average a year, compared to 9.6 percent for bonds, and 8.6 percent for 3-month Treasury bills. The average annual inflation rate was 6.2 percent.

CHART III

Spreading the Risk

Asset allocation is an essential part of long-term financial planning. Here are two fairly conservative scenarios; variations should be tailored to investing temperaments, specific goals, and individual needs.



SOURCE: Piper Jaffray & Hopwood.
DEFINITIONS: **Liquid assets**: Money market funds, CDs, T-Bills. **Fixed income**: Long CDs, government or corporate bonds, tax exempts, unit trusts, bond funds. **U.S. Stocks**: Individual issues or mutual funds. **International Securities**: mutual funds. **Inflation hedges**: Oil and gas stocks, equity real-estate investment trusts (REITs), gold investment companies. *Laddered maturities: maturity dates staggered over various times.

TIP: The above percentages presume reinvestment of dividends. Such *total return* should be the strategy for investors seeking long-term growth.

TIP: Although stocks did especially well during the go-go '80s—a 17.3-percent compounded annual return—few experts predict such dramatic returns for the '90s. Still, stocks are expected to top the list over time.

TIP: International investments often outpaced the U.S. markets in recent years; mutual funds are probably the best bet for amateurs (see below).

6. Look for tax advantages. A 401(k) plan isn't the only way to boost your assets, thanks to Uncle Sam. Anyone who itemizes deductions and is in a high federal bracket and/or a high-tax state should weigh a number of tax-deferred or tax-exempt options, so that more of your money is at work for you. Example: investing $2,000 a year at 8 percent would net $75,831 in 20 years in the 28-percent federal tax bracket, $160,326 in 30 years. State and local taxes could lessen the return. The same amount sheltered from taxes would bring $98,846 in 20 years, $244,692 in 30 years.

Among your choices for tax breaks:

- **EE savings bonds.** Not a bad buy at present, backed with the full faith of the U.S. Government. Federal taxes can be deferred. Current return: 6.375 percent. Current guaranteed return: 6 percent if held for at least 5 years. Easy investments to make regularly, usually with no fees, through paycheck or other deduction plans.
- **U.S. Treasury bills.** Three-month, six-month, or one-year versions; $10,000 minimum, with $5,000 increments. Fully backed by Uncle Sam; you trade some return for that safety. Taxable on your federal return, exempt from state and local taxation; especially desirable in high-tax states.

TIP: Invest directly, to save the fee you would pay banks. Information: Bureau of Public Debt, Dept. F, Washington, DC 20239-1200.

- **U.S. Treasury notes and bonds.** Notes mature in two to 10 years, bonds 10 to 30. Minimums: $5,000 or $1,000, depending on maturity (the further out, the riskier). **TIP:** Many experts today suggest from five to ten years, maximum, to limit risk and still earn a good return.
- **Annuities.** Tax-sheltered until you begin to draw funds out. A variety of forms, including fixed or variable.

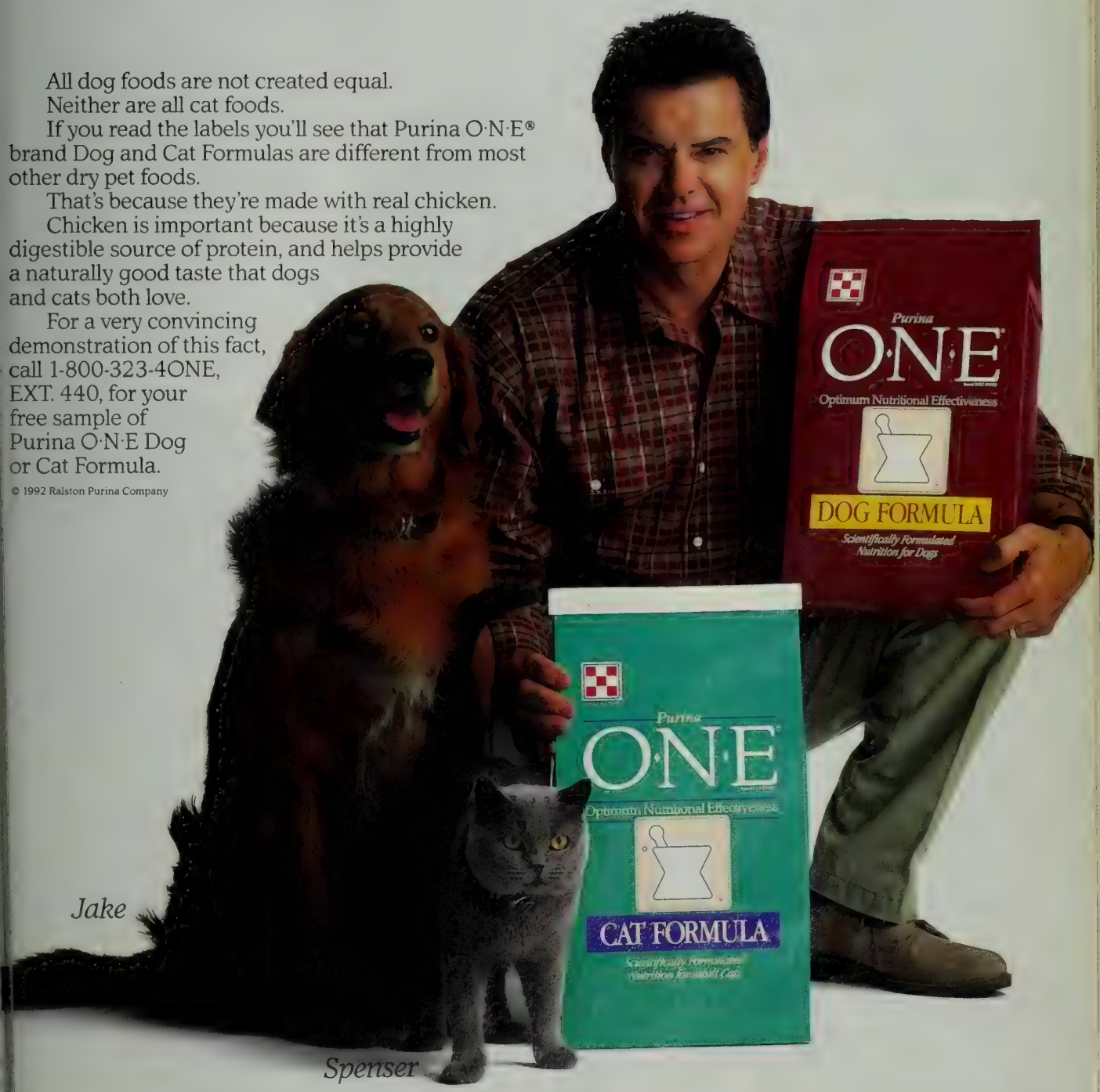
TIPS: Watch out for high fees up front, which sap your capital right off

continued on page Z12

"Reading the labels convinced me. The free samples convinced Jake and Spenser." *Robert Urich*

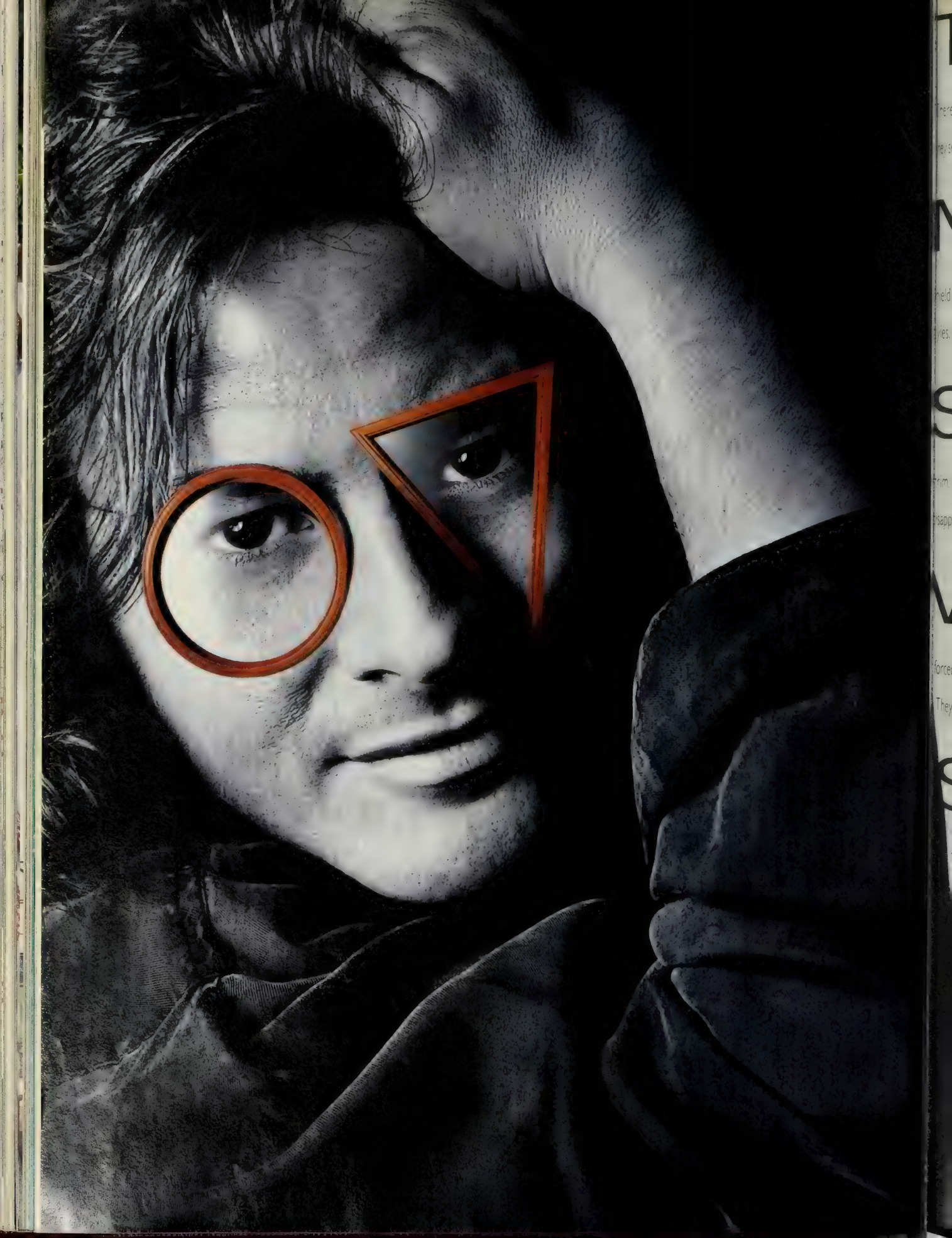
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RETIREMENT PLANNING

continued from page Z8

the bat. Also beware of "guaranteed returns" that seem out of line in today's economy. And, check the financial viability of the issuer.

● **Municipal bonds.** Issued by state and local governments and authorities for public projects and services. Usually a $5,000 minimum. Interest exempt from federal taxes, and often state taxes (hence the popularity of single-state muni-bond funds).

TIP: Like all bonds, municipals can lose value should interest rates rise. There is also the threat of default—a special consideration, given today's shaky state budgets. Some bonds are insured, but payout will be less.

TIP: With any bond—tax-exempt or not—check the prospectus for a *recall clause.* When rates drop considerably, issuers can pay off the bond and issue new ones at lower rates. That leaves you with principal intact, but a lower-rate climate for reinvesting.

TIP: If you are going to invest in munis on your own, you should buy at least five bonds ($25,000) to spread the risk. Muni-bond mutual funds provide a cheaper way to invest, although fees lessen returns somewhat.

● **Individual retirement accounts (IRAs).** You can invest up to $2,000 a year in any number of ways, and the income is sheltered until you begin to withdraw the funds—after age 59½, without penalty. You *must* begin to withdraw funds, on a prorated life-expectancy scale, at age 70½.

You also may deduct the $2,000 from taxes provided you are not covered by a pension, 401(k), or other such plan at work—*and* your adjusted gross income does not exceed $40,000 for married couples, $25,000 for singles. Partial deductions are allowed for $40,000 to $50,000 for couples, $25,000 to $35,000 for singles.

TIP: Even if you do not qualify for any of the $2,000 deduction, the tax-sheltered income accrual generally makes sense over the years.

7. Let the experts decide. Investment in mutual funds has skyrocketed in recent years. Little wonder. These multiple-investment vehicles offer experienced managers, diversity, and cost-saving leverage on big-block trades. You can find a mutual fund to match almost any investment objective and phase of the economy:

For example, money-market and short-term bond funds offer liquidity and relative safety, with low rates of return as the trade-off. For capital appreciation, long-term growth funds are less volatile and generally safer than aggressive growth funds. Many international and global stock and bond funds have done well recently, although experts expect returns to be relatively less during the '90s.

Growth-and-income and balanced funds aim to combine capital appreciation with the less volatile aspect of healthy dividends and even bonds. Mortgage-backed security funds now have a new twist—ARM funds, which are designed to lessen the hazards of falling interest rates, when fixed-mortgage holders tend to refinance, and fund yields drop.

TIP: Read prospectuses carefully. Match funds to investment goals, and understand the risks. Decipher management and other fees and compare to similar funds. Study returns over one year, five years, and the life of the fund; libraries, financial magazines, and brokers all have data.

TIP: Choose no-load funds unless returns on load funds are compelling. The latter charge up to 8 percent or so going in, so that much less of your money is working for you. Watch for exit fees, too—6 or 7 percent for withdrawals the first year, down incrementally each year to zero.

Good long-term mutual funds that let you start small

Sheldon Jacobs, of The No-Load Fund Investor Inc., recommends the following as examples of mutual funds that accept investors with minimal funds to start and are good long-term investments. Call for – and study – prospectuses before investing; risks vary by type of fund (see text). Past performance is no guarantee of future returns.

Fund	Objective	Minimum Investment	Phone
REGULAR PURCHASES			
Financial Dynamics	aggressive-growth	$250	800/525-8085
Twentieth Century Growth	aggressive-growth	0*	800/345-2021
Twentieth Century Vista	aggressive-growth	0*	800/345-2021
Financial Industrial Fund	growth	$250	800/525-8085
Monetta	growth	$100	800/666-3882
Pax World	growth-income	$250	800/767-1729
AARP Growth & Income	growth-income	$500	800/253-AARP
Financial Industrial Income	income	$250	800/525-8085
Financial European	international	$250	800/525-8085
Financial Pacific	international	$250	800/525-8085
*$10 annual small-balance fee for all accounts under $1,000			
IRA PURCHASES**			
Founders Growth	growth	$500	800/525-2440
Janus Fund	growth	$500	800/525-3713
Vanguard Index Trust-Extd. Mkt. Port.	growth	$500	800/662-7447
Neuberger-Berman Guardian	growth-income	$250	800/877-9700
Vanguard Index Trust-500 Portfolio	growth-income	$500	800/662-7447
Windsor II (Vanguard)	growth-income	$500	800/662-7447

**Non-IRA purchases cost more

Source: The No-Load Fund Investor, P.O. Box 283, Hastings-on-Hudson, NY 10706; 800/252-2042. Monthly newsletter, $95; with handbook, $115.

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RICH CRÈMES *Smoothe lines and wrinkles*
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•Throat Cream

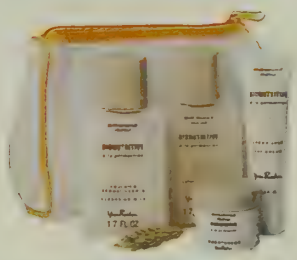


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Discover the original natural beauty line from France. Yves Rocher – the beauty choice of over 14 million European women. Gentle, effective beauty products formulated with the finest botanical ingredients...fully tested, but *not* on animals.

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BIONUTRITIVE *Nourishes dry skin*
Complete Collection only $4.95
•Cleanser •Toner
•Day Cream •Night Cream



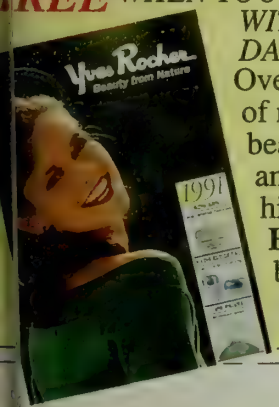
HAMAMELIS *Pure Gentle Freshness*
Complete Collection only $4.95
•Shower Gel •Shampoo
•Gentle Soap •Body Milk



ADN VÉGÉTAL *Combat the signs of aging*
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Please sign _____
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Please include your birthday, to help us celebrate it with you:
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Yves Rocher
Beauty Fresh from Nature

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2 WAYS TO
STRET

CH

Pleasing proportions centered on a half-round window inspire feelings of tranquillity and harmony.

YOUR LIVING SPACE

BY TOM JACKSON

A second-story addition and a basement redo show you how to gain space without buying a new home.





Large white trim boards and new shingle siding tie the old single-story house (above) to the new upstairs addition (right).

1 *Rise Above It All*

With land and home prices at an all-time high, this family had but one direction to go—straight up. They built a second-story addition directly on top of their one-story house.

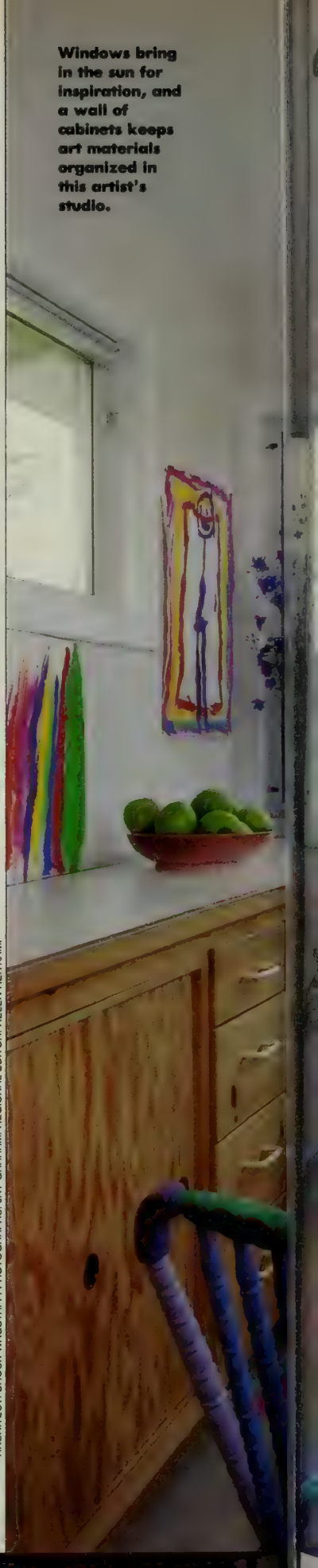
The remodeling gained them a master suite with a bath and walk-in closet in front and a new studio facing the backyard.

A pitched ceiling, a window seat, and a half-round window add architectural excitement to what would otherwise be a boxy bedroom. Centering these elements on the end wall gives the room a

STRETCH YOUR LIVING



Views from the studio end of the addition focus straight out into the backyard to ensure privacy and to avoid looming over the neighbor's house.



Windows bring in the sun for inspiration, and a wall of cabinets keeps art materials organized in this artist's studio.

1 *Rise Above It All*

classical feeling without resorting to more expensive, ornate treatments.

An artist's studio occupies the opposite end of the new addition. A wall of casement windows on the gable-end wall admits sufficient light for creative activities while the higher window on the left frames an attractive mountain view. Storage cabinets along one wall help contain the clutter of art supplies.

On the outside, bold white trim boards and new shingle siding tie the two levels together. The dimensions of the addition were stepped back a few feet from the perimeter of the first story to keep the addition from looming over the neighbor's lot. Windows were eliminated on the sides to respect the neighbor's privacy.

The new stairs were located in a former closet to reduce the impact on the first floor. A skylight and windows on the side of the stairwell bring in ample light and add to the sunny feeling found throughout the new space.

The addition also provided room for a walk-in closet in the master suite. A north-facing skylight in the closet helps illuminate the clothes without the risk of fading fabrics.

ARCHITECT: BROCK WAGSTAFF. PHOTOGRAPHS: JAY GRAHAM. REGIONAL EDITOR: HELEN HEITKAMP




STRETCH
YOUR LIVING

2 Remodel Down-Under

The growing family in this home needed a large informal space that could accommodate a whole family of different activities, but they didn't want a bland "finished basement" look.

The solution was to remodel the basement using spunky color, neon lights, and unusual surface materials.

A game room in one corner whets appetites for pool and pinball. A mini-kitchen—with a sink, an under-counter refrigerator, and a small stove—serves up snacks for family and friends and helps handle the food overload for big get-togethers.

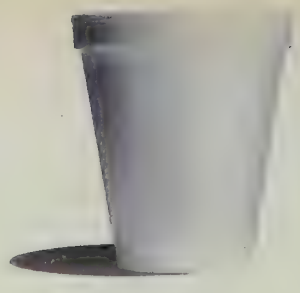
Rubber floor tiles keep the wet areas spill-safe. In the sitting area, couches and a large coffee table serve equally well for adults or a gaggle of kids.

INTERIOR DESIGN: JANET BLUTTER SHIFF, ASID. PHOTOGRAPHS: JESSIE WALKER ASSOCIATES. REGIONAL EDITOR: JESSIE WALKER

A curving glass-block wall serves as the base for this laminate-topped counter.

Rack 'em up! You can be with the family and have fun with friends when you put your favorite pastimes in the basement.





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And eight cups of coffee
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Playful furniture and a zany neon sculpture enliven the sitting area.

2 *Remodel Down-Under*

Fantasy-inspired colors and imaginative use of materials, elevate this basement out of the rumpus room category.

Splashes of red rev up the mood in several places. Red brightens a section of the upper cabinets in the kitchen, and the bands that wrap around the base cabinets and the curved countertop. The pool table also ties into the hot red scheme.

Silver tambour paneling brings a shimmering sparkle to walls near the pinball machines. In the sitting area, a custom neon sculpture plays off the flashing electric lights in the pinball area. Rather than use a fancy wallpaper for the kids, the parents commissioned a local mural artist to paint storybook characters, floor to ceiling, across the length of two walls. *continued*



Under the counter, a mini-fridge keeps snacks fresh. The studded rubber flooring provides a durable, low-maintenance surface.

ANOTHER FUN TREAT FROM JELL-O®



SAND CUPS

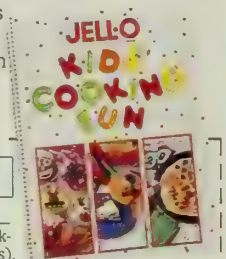
2 cups cold milk.
1 package (4-serving size) JELL-O® Vanilla Flavor Instant Pudding.
1 tub (8 oz.) COOL-WHIP® Whipped Topping, thawed.
1 package (12 oz.) vanilla wafers, crushed.
8-10 (7 oz.) plastic cups.
SUGGESTED DECORATIONS: miniature umbrellas, gummy sea shells, worms and sharks, candy stars, chopped peanuts.

POUR milk into large bowl. Add pudding mix. Beat with whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.

STIR in whipped topping and half of crushed cookies.

PLACE 1 tablespoon crushed cookies into cups. Fill cups ¾ full with pudding mixture. Top with remaining crushed cookies. Refrigerate 1 hour. Decorate.

If you think Sand Cups are great, just wait until you try the other wonderful recipes in the JELL-O® Kids' Cooking Fun Cookbook.



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Please send me ____ JELL-O® Kids' Cooking Fun Cookbook(s).
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STRETCH YOUR LIVING SPACE

continued from page 93

BEFORE THE HAMMER FALLS . . .

Know what you need to know

Adding up or finishing a basement are two smart ways to get more living space. But both are specialized operations. Below is a checklist of items you should consider before calling the contractor or tackling your own project.

SECOND-STORY ADDITIONS

Leave it to the professionals

Tearing the roof off your house and building a second story is major surgery. Don't dally with amateurs. Pick a seasoned contractor, get an engineer to assess the structural integrity of your home, and consider using an architect. Adding up can cost more per square foot than building new. But if you like your neighborhood and want to stay put, a second-story addition is a good solution. Here are the important points to remember.

Timing

Once the roof comes off, you may have to sleep elsewhere for a couple of days (or a couple of weeks) depending on how complicated your addition is.

Foundations

The foundations of your old house must be able to support the weight of the addition. You'll need an architect or engineer to determine this.

Stairwells and floor plans

A second-story addition gains you a lot of room, but don't forget that you sacrifice about 30 square feet of space downstairs for a new stairwell. Smart planning can minimize this impact. Try to locate the stairwell in a closet or unused corner.

Plumbing

You can save a lot of money and time on plumbing hookups by locating new baths or wet areas directly over the pipes and drains on the first floor. Tapping into the existing plumbing lines eliminates the need to run pipes horizontally by drilling through walls or joists.

Heating and cooling

Unless your second-story addition is small (a bedroom or less), chances are you will have to add to your heating or cooling system. There are many options: you can add a wood stove or electric baseboard heat, put in a new high-efficiency furnace or air conditioner for the whole house, or install a separate heating and cooling system for the upstairs.

Zoning, codes, and neighbors

Check with local building officials. Some neighborhoods have restrictions on building heights. Also give some consideration to your neighbors. You don't want to build an addition that looms over the house next door, or one that compromises privacy.

BASEMENT REMODELING

Perfect for do-it-yourselfers

Except for solving serious water-related problems, almost everything in a basement redo can be done by the average do-it-yourselfer.

Moisture control

Groundwater outside the walls is the most serious threat. If there is a problem, clean the gutters and check the slope of the ground around the house to ensure that rainwater washes away from the building. If there are cracks in the foundation wall, you may need to dig down to the footings, waterproof the foundation wall, and install gravel and a drainage pipe.

If your basement water problems are due to humidity, a portable dehumidifier will usually dry the air enough to be comfortable.

Head height

A 6-foot 8-inch floor-to-ceiling height is necessary for adults to enjoy a basement living space. If pipes and ductwork hang below this height, a contractor may be able to raise them, or gang them together in an out-of-the-way area of the basement.

Radon

Thought to be a contributor to lung cancer, radon often accumulates in basements. Test kits can be purchased at most hardware stores. If your basement tests high, call in a contractor who specializes in radon problems.

Insulation

Below-ground temperatures remain fairly constant, but that constant can be a naggingly cold temperature, often the mid-50s, in winter. A 2×4 wall built inside the perimeter of your basement and filled with batt insulation can dramatically slow the transfer of heat and make your basement comfortable and inexpensive to heat.

SAMMY'S SNACK SAVES THE DAY.

MARCH

Sammy and Watson hate March. It's not cold enough for snow.

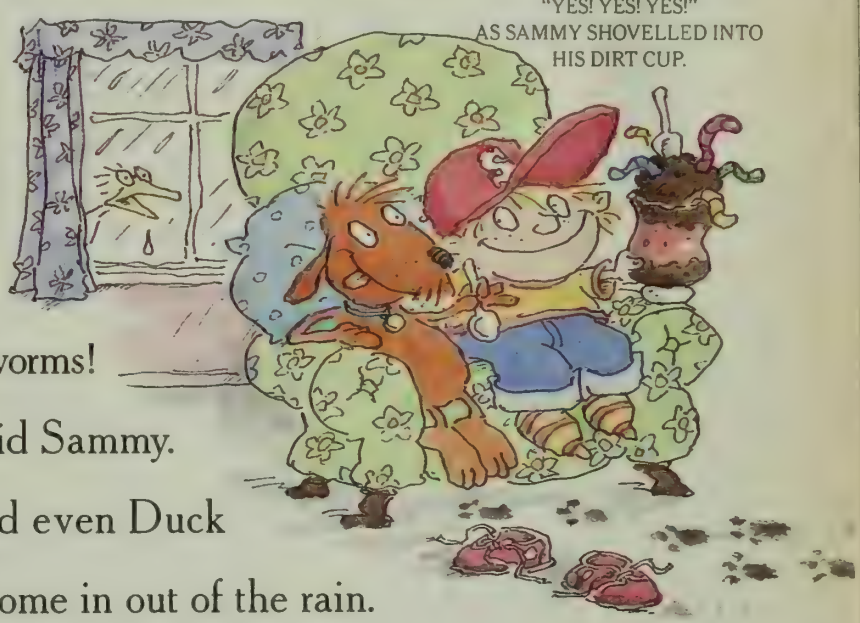


And it's not hot enough for the beach. In fact, all it ever does is rain. Which might be great weather for ducks. But it means Sammy and Watson can't even go out and play in the dirt. Mom surprised them though.



"If you can't play in the dirt" she said "why not eat it instead?" And then she whipped up a "Dirt Cup" with Jell-O® pudding. She even topped it off with gummy worms! "Awesome" said Sammy. "Woof-woof" said Watson. And even Duck wanted to come in out of the rain.







DIRT CUPS

2 cups cold milk.
1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding.
1 tub (8 oz.) COOL-WHIP® Whipped Topping, thawed.
1 package (16 oz.) chocolate sandwich cookies, crushed.
8-10 (7 oz.) plastic cups.
SUGGESTED DECORATIONS: gummy worms & frogs, candy flowers, chopped peanuts.

POUR milk into large bowl. Add pudding mix. Beat with whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.

STIR in whipped topping and half of crushed cookies. PLACE 1 tablespoon crushed cookies into cups. Fill cups ¾ full with pudding mixture. Top with remaining crushed cookies. Refrigerate 1 hour. Decorate.



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You may win a top award, and your project may appear in our magazine!

MORE THAN $75,000 IN PRIZES! HERE'S HOW TO WIN

Pick Your Category

You can win in any of eight categories. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category.

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interior Remodelings
- Additions
- Whole-House Remodelings
- Daylighting

Cash Awards

Grand Prize: $10,000
Two Runners-Up: $4,000 each
Six awards in each category:

Class A:	$1,000
Class B:	$500
Class C:	$250
Merit Awards	$100

(Three merit winners in each class)

Special Cosponsor Awards

A Class A, B, or C winner who uses products from 15 or more cosponsors will win a bonus of $2,000.

Win Additional Prizes

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project. (Examples: a kitchen shape-up that includes new appliances or a family-room addition that includes new paint.)

Contest Rules

- We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent.
- Any project completed in 1992 is eligible, no matter how big or small or when it was started. It's also eligible whether you did all the work yourself or hired professionals.
- You may enter more than one project, but not the same project in two different divisions.
- By submitting material for the competition, you assign all rights in the material to Meredith Corporation. Material will become the property of Meredith Corporation. Submission of an entry constitutes permission to use the winner's name and likeness by Meredith Corporation and the contest cosponsors in promotions of the contest.
- All U.S. residents may enter. Employees of Meredith Corporation, its affiliates, subsidiaries, advertising agencies, cosponsoring manufacturers or advertising agencies and their families may not enter.
- This contest is subject to all federal, state, and local laws and regulations. Liability for federal, state, and other taxes imposed on a prizewinner is the sole responsibility of each winner and not of Meredith Corporation. Void where prohibited by law.
- Cosponsoring manufacturers will have full promotional use of their winning entries.

How to Enter

1. RIGHT NOW: Complete and mail the preliminary entry blank, *over,* by October 1, 1992. We'll send you complete details and entry materials, along with our official entry form. (Start saving floor plans, photos, and receipts to send with your final entry.)

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. All final entries must be postmarked by Feb. 1, 1993.

3. THE WINNERS: Winners will be selected on or about May 31, 1993. We will notify all winners by mail and publish the top winner in each category in our November 1993 issue.

MANUFACTURERS' SPECIAL AWARDS: CASH, REFUNDS, PRODUCTS

Many of America's leading home improvement companies are cosponsoring our contest. The following manufacturers are offering special prizes in addition to a $500 cash award:

BEAM Industries will award an upgrade to a Total Control Electric Hose and a Beam RugMaster Plus Electric Powerhead—a total value of $375—to the winner of the $500 cash award.

Broyhill will award $1,000 for the best use of furniture from Broyhill's "Fontana" (see advertisement in BH&G® February 1992 issue).

EMCO will award a Forever® View storm door to the top contestant in each of the following categories if he/she used a Forever® Door by EMCO: Exterior Fix-Ups, Additions, and Whole-House Remodelings. EMCO will commit a total of three (3) Forever® View Doors.

Hunter Fan Company will award a Hunter Original ceiling fan to the Class A winner in the Interior Remodelings, Additions, or Whole-House Remodelings category if Hunter ceiling fans are used in the winning project.

The Kohler Company will award $500 each to the top Bathroom Remodelings winner and the installing plumbing contractor, if Kohler plumbing products (fixtures and faucets) were used exclusively in the winning project.

Lyons Industries, Inc. will refund the purchase price of the Lyons' enclosures used by any winning entry in the Bathroom Remodelings Category.

All editorial winners who have used a **Mannington Wood** floor in their winning projects will be reimbursed for the cost of that floor (up to 500 sq. ft. of flooring, material cost only).

Minwax® will provide an additional $500 cash prize for the best decorative use of Minwax® Pastels™ Wood Stain and Polycrylic™ Protective Finish.

Pella Windows and Doors will award $5,000 to the Class A winner in Whole-House Remodelings, $2,500 to the Class A winner in Additions, $1,000 to the Class A winner in Daylighting, $1,000 to the Class A winner in Kitchen Shape-Ups, and $1,000 to the Class A winner in Bathroom Remodelings, providing all Pella products were used in the winning projects. TOTAL PRIZES: $10,000!

Rubbermaid Incorporated Specialty Products Division will award a set of Outdoor Casual Furniture (includes table, 4 chairs, umbrella, and lounger) to the top Outdoor Improvements category winner.

Tarkett will award a Lifetime Inlaid Floor to the Class A winner in Kitchen Shape-Ups if Tarkett's Lifetime® Family of Floors was used in any room. A maximum of 35 sq. yd. will be awarded.

The Toro Company Home Improvement Division will award an 850 Superblower/Vac to five contest entrants in the Outdoor Improvements category who make the best use of Toro Outdoor Lighting in their project. (The single contestant judged to have made the best use of Toro Outdoor Lighting also receives the $500 award.)

Whirlpool offers one Whirlpool appliance of choice to both the Kitchen Shape-Ups winner (Class A) and the Whole-House Remodelings winner (Class A) when the winner uses a Whirlpool product. Winners may choose one from the following list: a trash compactor, a microwave oven, or a New Generation dishwasher.

FOLLOWING IS A LIST OF COSPONSORS PROVIDING $500 FOR BEST USE OF PRODUCT:

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BEAM Industries
Black & Decker (U.S.) Inc.
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The Forever® Doors by EMCO
Frigidaire® Major Appliances
GE Appliances
The Genie Company
Heat-N-Glo Fireplace Products
Hunter Ceiling Fans
Hurd Millwork Company, Inc.
In-Sink-Erator®
KitchenAid
Kmart Corporation
Kohler Company
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Lane Recliners
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Merillat Industries
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Overhead Door Corporation
Pella® Windows and Doors/Rolscreen Company
Pittsburgh Corning PC Glassblock® Products
Rubbermaid Incorporated Housewares Products Division
RUST-OLEUM® Corporation
Tarkett®, Inc.
Thomasville Furniture Industries
The Toro Company, Home Improvement Division Outdoor Lighting Products
3M NewStroke Paint Brushes
True Value Hardware Stores/Tru-Test Paints
VELUX® Roof Windows and Skylights
Waverly
Whirlpool Corporation (Whirlpool Brand)

These prizes void in Ariz., Md. & Vt.

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Des Moines, IA 50306

Postmarked no later than October 1, 1992

Name _____

Address _____

City _____ State _____ ZIP _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1992

☐ 1. Exterior Fix-Ups ☐ 2. Outdoor Improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Remodelings ☐ 6. Additions
☐ 7. Whole-House Remodelings ☐ 8. Daylighting

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

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FIELD-OF-FLOWERS AFGHAN
Colorful and easy to crochet





Capture the colors of exotic anemones in this easy-to-crochet afghan. A field of jewel-tone blooms pops from the background, giving three-dimensional texture to the afghan's cuddly warmth.

continued on page 102



Golden honey. Crunchy graham. And a sprinkle of cinnamon. Now you can enjoy all three in a moist and chewy bar with an irresistible topping. **Introducing New Honey, Graham & Cinnamon Quaker Chewy® Granola Bars.**



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wheat and rice. Low in
sodium. And only 120
calories. From top to bo
it all adds up to one gre
wholesome taste.

Introducing New Honey, Graham & Cinnamon Quaker Chewy® Granola Bars.



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FIELD-OF-FLOWERS AFGHAN

Continued from page 100

Basic crochet stitches and a variation of the granny square make up the design of our anemone squares.

Inspired by fragile anemone flowers, this eye-dazzling afghan is perfect for either contemporary settings or spots with a country-garden mood.

Each block consists of a black center, colorful three-dimensional petals, green "leaves," and a white border done in single, double, half-double, and triple crochet stitches.

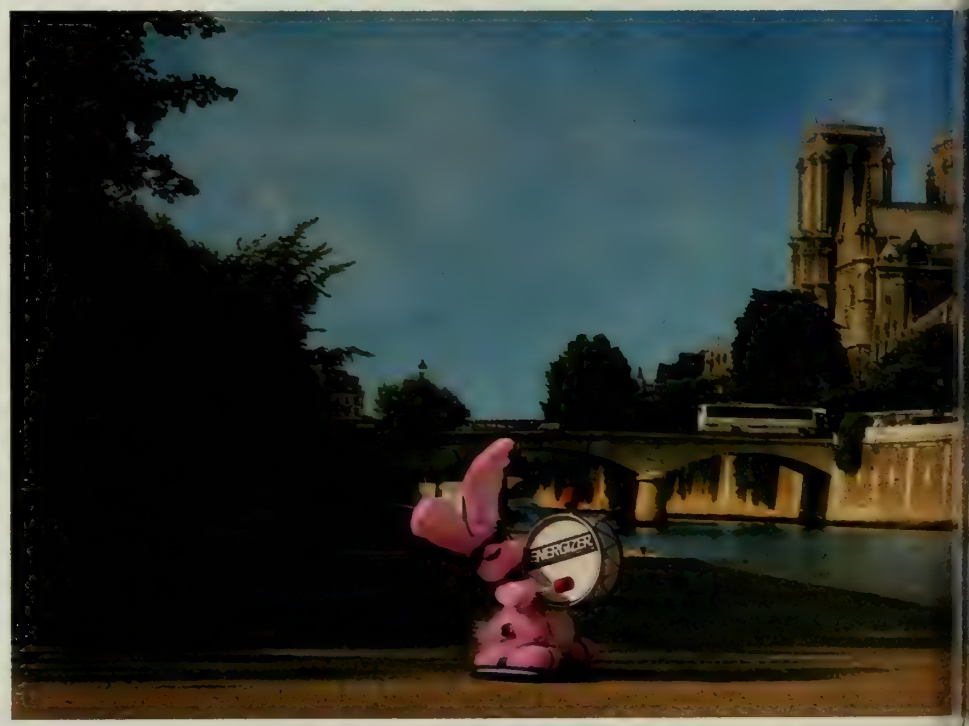
WHAT YOU'LL NEED

- **100-g skeins of Unger Utopia yarn in the following colors:**
  - **8 skeins of white No. 200**
  - **4 skeins of green No. 144**
  - **2 skeins of black No. 104**
  - **1 skein of red-orange No. 164**
  - **1 skein of pink No. 183**
  - **1 skein of red No. 185**
  - **1 skein of lavender No. 192**
  - **1 skein of violet No. 194**
  - **1 skein of fuchsia No. 205**
  - **1 skein of blue No. 215**
- **Size I aluminum crochet hook or the size needed to obtain the gauge**

Getting started: Sides of each square should measure approximately 5¾ inches, so check the gauge of your stitches to make sure the squares are the proper size.

How to do it: Make a total of 99 blocks in the method described *below:*

Square: With black, ch 4; sl st to form ring. *Rnd 1:* Ch 3 (counts as first dc), 15 dc in ring; sl st to top of beg ch-3—16 dc; drop black. *Rnd 2:* With a petal color, yo and draw through joining; ch 3 (counts as first dc), dc in joining, * 2 dc in next dc. Rep from * around—32 dc; join to *front* lp of beg ch-3, ch 1. *Rnd 3:* Working in *front* lp only of each dc around, and counting beg ch-3 of Rnd 2 as first dc, * sc in dc, (hdc, dc, and trc) in next dc, (trc, dc, and hdc) in following dc, sc in next dc. Rep from * around; join with sl st to sc at beg of rnd—8 petals made; fasten off. *Rnd 4:* Attach green to *back* of top of ch-3 at beg of Rnd 2; holding petals forward, and working in *back* lps of dc made in Rnd 2, ch 1, sc in joining, * ch 3, sk 2 dc, sc in each of next 2 dc, ch 5, sk 2 dc, sc in each of next 2 dc. Rep from * 3 times more, ending last rep with sc in last dc, join to beg ch-1; ch 1, sl st in first ch-3 lp.





NOTRE DAME, PARIS, FRANCE. 11:07 A.M. STILL GOIN



Rnd 5: Ch 3 (counts as first dc); 3 dc in same ch-3 lp, ch 1, * (4 dc, ch 3, 4 dc) in ch-5 lp for corner, ch 1, 4 dc in next ch-3 lp, ch 1. Rep from * twice more, ending with (4 dc, ch 3, 4 dc) in last ch-5 lp, ch 1; join to top of beg ch-3; fasten off. *Rnd 6:* Join white in any ch-3 corner lp, ch 3 (counts as first dc); in same lp work (3 dc, ch 3, 4 dc), * ch 1, (4 dc in ch-1 sp, ch 1) twice; ** in ch-3 corner sp work (4 dc, ch 3, 4 dc). Rep from * around, ending last rep at **; join to top of beg ch-3. *Rnd 7:* Ch 1, sc in joining and in each dc and ch-1 sp around, making 3 sc in each corner; join to beg ch-1.

Fasten off.

Finishing details: Arrange the blocks in 11 rows of 9 squares, mixing and matching them so they form an attractive arrangement. Sew, crochet, or weave the squares together, then weave in all the ends.

For the border: Work 2 rnds sc in white evenly around, then work 1 rnd hdc with black.

Photographs: Perry Struse. Design: Gary Boling



OTHING OUTLASTS THE ENERGIZER.

KIDS' SAFETY SEATS

How to make the right choice for your family



PHOTO BY ANDY LYONS

Using car seats properly and at all times is the best protection.

All states now require that children be buckled into juvenile car-restraint systems from birth to 40 pounds, when they can wear conventional seat belts. The reason is compelling: An unrestrained 30-pound child sitting on your lap becomes the equivalent of a 900-pound object in a 30-mph crash. No parent could hold on to that much weight. The probability of a properly restrained child suffering death or injury in a crash is reduced by 70 percent.

Car safety seats have been with us for years. Last year, car makers got into the act when Chrysler introduced fold-down seats built into the seat backs of its 1992 Plymouth Voyager and Dodge Caravan minivans. The new Volvo 900 series cars offer an optional pull-down booster seat for children too big for conventional kid seats and too small for adult seat belts. Other companies plan built-ins soon.

The big advantage is that the entire system can be engineered to mitigate crash forces. Until all cars have such devices, however, parents must rely on conventional systems:

- **Infant-only** car seats (birth to 20 pounds) must face rearward.
- **Convertible seats** (birth to 40 pounds) face rearward until a child reaches age 1 and 20 pounds.
- **Toddler seats,** for children who are older than 1 and weigh between 20 and 40 pounds, face forward.
- **Booster seats** are for children who have outgrown other systems, but are too small to use adult belts. These are controversial because of uncertainty about how much force a child's abdomen would absorb in a crash.

Prices for toddler seats range from about $40 to $200; infant carriers and booster seats cost less. All products except boosters must pass federal safety standards, shielding children from fatal injury in frontal crashes into a barrier at up to 30 miles per hour.

Which system? Cost and complexity don't necessarily mean the best for your child. *How* you use a child restraint system is what counts. If a child is not properly fastened in, the protection is lost. You must balance the effectiveness of a system with its convenience. "Sometimes the least expensive systems are the least cumbersome and the easiest to use," says Kathleen Weber, of the University of Michigan Medical School. "All the bells and whistles may do little except add to cost. Try out several."

A basic five-point system should secure the pelvis and shoulders, plus go across the chest as a secondary point of contact, with a crotch strap to hold down the pelvis or lap strap. Some systems replace the crotch and lap straps with a T-shield that latches into a crotch post. This may seem easier to use, but some experts believe it may not be as effective in rollovers.

Proper use. Always use safety restraints when your car is moving. The system should properly fasten the child in place and be properly fastened to the car seat with safety belts—harder these days, with more three-point belts in rear seats.

Chrysler cars now come with a cinching latch plate to keep three-point belts snug. Volvo supplies child restraint anchorages. Other manufacturers offer locking clips. Any such device is important to keep restraints firmly anchored to rear seats. Be sure to thread car seat belts through the restraint correctly.

Kathleen Weber advises keeping children facing rearward until age 1, because of weak neck and muscle structure. That means using a convertible, not an infant-only, system.

SHOPPING CHECKLIST

- **Look for a label saying that the product meets federal safety standards. Accept nothing else.**
- **Choose a system that's easy to anchor with your car's seat belts.**
- **Make sure buckles fasten and unfasten easily (even with gloved hands), and that you don't have to constantly adjust the system.**
- **With a car seat that reclines or has more than one position, the adjustments should be easy to make.**
- **Make sure any used seat you buy was manufactured after January 1, 1981, to meet current federal crash standards.**

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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

YESTERDAY'S CHARM FOR TODAY'S FAMILY

Page 67 (*Bottom*): Wing chair—Hickory Chair, P.O. Box 3147, Hickory, NC 28603. **Fabric on wing chair**—Hinson & Co., 979 Third Ave., New York, NY 10022. **Floor lamp**—Harry Gitlin, 121 W. 19th St., New York, NY 10011. **Paint,** Wall Satin Interior Flat No. 1487, Base No. 2 and 215-2A, "Museum Gray"—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645.

Pages 68–69: Paint, Wall Satin Interior Flat No. 1487, Base No. 2 and 215-2A, "Museum Gray"—Benjamin Moore Co. (address above). **Recessed lights**—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Art work,** "Oasis"—Ellen Hollien, Mongerson-Wunderlich Galleries, 704 N. Wells St., Chicago, IL 60610. **Sofa in front of window**—Hickory Chair, P.O. Box 3147, Hickory, NC 28603. **Fabric on sofas**—Hinson & Co., 979 Third Ave., New York, NY 10022.

Pages 70–71 (*center*): Wood blinds—M&B, P.O. Box 2678, Los Angeles, CA 90051. **Paint,** Wall Satin Interior Flat No. 1487, Base No. 2 and 215-2A, "Museum Gray"—Benjamin Moore Co. (address above). **Recessed lights**—Juno Lighting, Inc. (address above). **(*Right*): Paint,** "White"—Benjamin Moore Co. (address above). **Doll quilt on wall, tramp art mirrors**—Harvey Antiques, 1231 Chicago Ave., Evanston, IL 60202. **Wall light sconce**—Paul Hanson Co., Inc., 200 Lexington Ave., New York, 10016.

Pages 72–73 (*left*): Table—Vintage Pine, 1750 W. Wrightwood, Chicago, IL 60614. **Paint**—Benjamin Moore Co. (address above). **(*Center*): Table**—Vintage Pine (address above). **Range**—Garland Commercial Ind. Inc., 185 E. South St., Freeland, PA 18224. **Range hood**—Vent-A-Hood, P.O. Box 426, Richardson, TX 75080. **Sinks, faucets**—Franke, Inc., P.O. Box 428, 2321 W. Penn, Hatfield, PA 19440. **Dishwasher**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Stereo speaker**—ADS, 1 Progress Way, Wilmington, MA 01887-3435. **Paint,** Regal Wall Satin, "Super White," **trim,** Satin Impervo Base No. 1, "White"—Benjamin Moore Co. (address above).

Page 74 (*top*): Willow rocker—Harvey Antiques, 1231 Chicago Ave., Evanston, IL 60202. **Windows, blinds**—Pella/Rolscreen, 102 Main St., Pella, IA 50219. **Paint**—Benjamin Moore Co. (address above). **(*Center*): Paint**—Benjamin Moore Co. (address above). **Radiator cover**—Prairie Woodworking, 1143 S. Highland, Oak Park, IL 60304. **Tramp art mirrors**—Harvey Antiques (address above). **(*Bottom*): Recessed lights**—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Skylight window**—Velux-America, Inc., P.O. Box 3268, Greenwood, SC 29648. **Area rug**—Fortunate Discoveries, 1730 W. Wrightwood, Chicago, IL 60614. **Stair railings**—Prairie Woodworking, 1143 S. Highland, Oak Park, IL 60304. **Paint**—Benjamin Moore Co. (address above).

STRETCH YOUR LIVING SPACE

Pages 86–87 (*left*): Recessed ceiling lights—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **(*Right*): Skylights**—O'Keefe's Inc., 75 Williams Ave., San Francisco, CA 94124.

Pages 88–89 (*right*): Easel and kneeling chair—Robert Long Lighting, P.O. Box 770, Healdsburg, GA 95448. **Painted chairs**—Mary Wagstaff, 66 Diane Lane, Larkspur, CA 94939. **Computer**—Macintosh-Apple Computer Inc., 20525 Mariani Ave., Cupertino, CA 95014. **Desk lamp**—Luxo Lighting, P.O. Box 451, Port Chester, NY 10573. **Recessed ceiling lights**—Juno Lighting, Inc. (address above).

Pages 90–91: Recessed lights—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Paint**—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Cabinets**—Cabinet Corp. of America Inc., 660 Vernon Ave., Glencoe, IL 60022. **Rubber floor tile**—Pirelli/Janet Shiff Blutter, ASID, Blutter/Shiff Design Assoc., 1648 Merchandise Mart, Chicago, IL 60654. **Glass block**—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5762 or 800/992-5769. **Steel barstools**—Kinetics, a Haworth Portfolio Co., P.O. Box 5574, Kalamazoo, MI 49003-5574; 800/344-2600. **Coffeemaker**—Braun, Inc., 66 Broadway, Rte. 1, Lynnfield, MA 01940; 800/BRAUN1. **Sink**—Just Manufacturing Co., 9233 King Ave., Franklin Park, IL 60131. **Stove**—Sunray, Div. of Raytheon Co., Delaware, OH 43015. **Range Hood**—Broan Mfg. Co., Inc., P.O. Box 140, Hartford, WI 53027. **Wall mural,** Benjamin Moore Co. semigloss latex paint—Marilyn Adamovic, 375 Goshawk Lane, Deerfield, IL 60015. **(*Right*): Tambour wall**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Carpet**—Maslen Co., P.O. Box 11467, Mobile, AL 36671. **Recessed lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Pool table**—Murray Co./Janet Shiff Blutter, ASID, Butler/Shiff Design Assoc., 1648 Merchandise Mart, Chicago, IL 60654.

Page 93 (*top*): Paint—Benjamin Moore Co. (address above). **Recessed lights**—Lightolier, Inc. (address above). **Laminate table**—T.C.B./Janet Shiff Blutter, ASID, Butler/Shiff Design Assoc., 1648 Merchandise Mart, Chicago, IL 60654. **Neon sculpture**—Lightwriters Neon Inc., 911 Green Bay Rd., Winnetka, IL 60093. **(*Bottom*): Glass block**—Pittsburgh Corning (address above). **Under-counter refrigerator**—U-Line, 8900 N. 55th St., Milwaukee, WI 53223. **Cabinets**—Cabinet Corp. of America Inc., 660 Vernon Ave., Glencoe, IL 60022. **Paint**—Benjamin Moore Co. (address above). **Steel barstool**—Kinetics, a Haworth Portfolio Co., P.O. Box 5574, Kalamazoo, MI 49003-5574; 800/344-2600. **Carpet**—Maslen Co., P.O. Box 11467, Mobile, AL 36671. **Recessed lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094.

FIELD OF FLOWERS AFGHAN

Page 100: Fluted column—Ballard Designs, 1670 De Foor Ave., NW, Atlanta, GA 30318. **Yarn,** "Utopia"—Wm. Unger & Co., Inc., P.O. Box 350, Willimantic, CT 06226; 203/456-1339.

MAKEOVER MAGIC

Page 117: Plate, "Campagna"—Vietri Inc., P.O. Box 460, Hillsborough, NC 27278.

Page 118: Plate—Ceramica, 59 Thompson St., New York, NY 10012. **Glass**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

Page 119: Plate, "Azzurro"—Vietri Inc., P.O. Box 460, Hillsborough, NC 27278.

Pages 120–121 (*left*): Plate, "Yo-Han"—Lindt-Stymeist, 6231 Hollis St., Emeryville, CA 94608. **Silverware,** "French Braid"—Reed and Barton. For dealer nearest you, 800/343-1383. **(*Right*): Plate,** "Monaco"—Conran's Habitat, 160 N. Golf Rd., King of Prussia, PA 19406.

Page 122: Bowl—Ceramica, 59 Thompson St., New York, NY 10012.

Page 123: Plate, "Yo-Han"—Lindt-Stymeist (address above). **Glass**—The Pottery Barn (address above). **Blue charger,** "Roma"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020.

Page 124: Small plate—Present Concepts, 3101 Ingersoll, Des Moines, IA 50312. **Cake plate**—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367.

Page 127: Silverware—Izabel Lam Int'l., 8-03 43rd Ave., Long Island City, NY 11101. **Bowl**—Bybee Pottery, P.O. Box 192, Waco, KY 40385.

Page 129: Plate, "Yo-Han"—Lindt-Stymeist, 6231 Hollis St., Emeryville, CA 94608.

PRIZE TESTED RECIPES®

Page 139 (*right*): Salsa container—Bazaar Del Mundo, 2750 Calhoun St., San Diego, CA 92110.

Page 140 (*right*): Plate, "Flora"—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062. **Green cup and saucer**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Blue flower pitcher**—Bybee Pottery, P.O. Box 192, Waco, KY 40385.

DIRECTORY OF ARCHITECTS, DESIGNERS

FIELD OF FLOWERS AFGHAN

Pages 100–103: Designer—Gary Boling.

STRETCH YOUR LIVING SPACE

Pages 86–89: Architect—Brock Wagstaff, O'Brien-Wagstaff, 2200 Bridgeway, Sausalito, CA 94965.

Pages 90–94: Interior designer—Janet Blutter Shiff, ASID, Blutter/Shiff Design Assoc., 1648 Merchandise Mart, Chicago, IL 60654.

YESTERDAY'S CHARM FOR TODAY'S FAMILY

Pages 67–74: Architect—Ellen Galland, AIA, Rockwell Assoc., 1124 Florence Ave., Evanston, IL 60202. **Interior designer**—Christine Garrett, Christine Garrett, Inc., 409 Greenwood, Evanston, IL 60201. **Landscape design**—Synnestvedt Landscape Architects, 24550 W. Hwy. 120, Rte. 120 and Fairfield Rd., Round Lake, IL 60073. **Contractor**—Timothy Hannan, Hannan Construction Ltd., Mundelein, IL 60060. ⊞

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Dole® Pineapple Rings 116
I Can't Believe It's Not Butter 138
Kraft Free 51
Kraft Miracle Whip® 110
Mott's® Apple Sauce 109
Nabisco Shredded Wheat® 49

GOLDEN CABBAGE TOSS

- 3 cups shredded cabbage
- 1 8-oz. can DOLE® Pineapple Rings, drained and halved
- 1 cup shredded carrot
- ¼ cup raisins
- ¼ cup unsalted sunflower nuts
- ⅓ cup orange low-fat yogurt

In a bowl combine cabbage, pineapple, carrot, raisins, and sunflower nuts. Spoon yogurt over cabbage mixture and toss to coat. Makes 6 servings.

APPLESAUCE DESSERT WAFFLES

- 4 apple-cinnamon, blueberry, or plain frozen waffles
- ¾ cup MOTT'S® Chunky Apple Sauce
- 3 Tbs. maple syrup or maple-flavored syrup
- ½ tsp. ground cinnamon
- Frozen vanilla yogurt

In a toaster, toast waffles according to package directions.

Meanwhile, in a small saucepan, stir together applesauce, maple syrup, and cinnamon. Cook and stir over medium heat about 3 minutes or till heated through.

Place waffles on 4 dessert plates. Top each waffle with a scoop of frozen yogurt. Spoon warm applesauce mixture over ice cream. Makes 4 servings.

CURRY-GLAZED CHICKEN

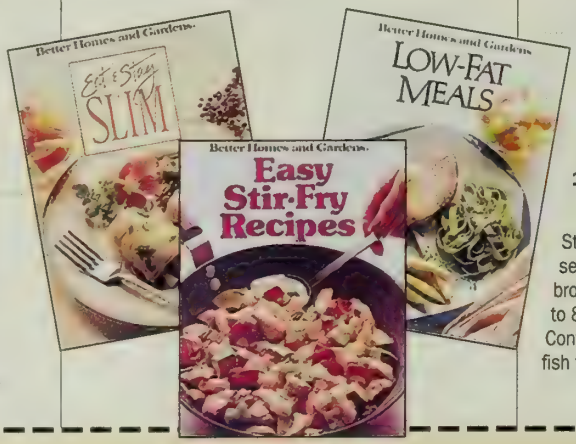
Stir coarsely chopped peanuts into the hot cooked rice for an Indian flavor.

- 4 boned skinless chicken breast halves (about 1 lb. total)
- 2 Tbs. I CAN'T BELIEVE IT'S NOT BUTTER!®
- 2 Tbs. Dijon-style mustard
- 2 Tbs. honey
- 2 tsp. curry powder
- ¼ tsp. salt
- Hot cooked rice (optional)

Rinse chicken and pat dry. Place one piece of chicken between two pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to 1/4-inch thickness. Remove plastic wrap. Repeat with remaining chicken pieces.

Meanwhile, set oven at 375 degrees. Place I CAN'T BELIEVE IT'S NOT BUTTER! in a 13x9x2-inch baking dish in oven for 2 to 3 minutes or until it melts. Stir in mustard, honey, curry powder, and salt. Place chicken in baking dish; turn pieces once to coat.

Bake, uncovered, for 10 minutes. Turn chicken pieces over. Bake for 10 to 15 minutes more or until chicken is no longer pink. Serve with rice, if desired. Makes 4 servings.



BANANA NOG

- 2½ cups milk
- ½ cup dry instant eggnog
- 1 medium banana, cut up
- ½ tsp. ground nutmeg

In a blender container or food processor bowl combine 1/2 c. of the milk, dry instant eggnog and banana pieces. Cover and blend or process till mixture is smooth.

In a 4-cup measure, combine blended mixture, remaining milk and nutmeg. Cook, uncovered, on 100% power (high) for 6 to 9 minutes or till hot, stirring twice. Serve in 4 small mugs. Sprinkle each serving with additional nutmeg, if desired. Makes four 6-oz. servings.

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LEMON DILL FISH FILLETS

- ½ cup MIRACLE WHIP® Salad Dressing
- 2 Tbs. lemon juice
- 2 Tbs. milk
- ½ tsp. grated lemon peel
- 1 tsp. dill weed
- 1 lb. fish fillets (such as salmon, flounder or cod)

Stir together salad dressing, juice, milk, peel and seasoning. Place fish on greased grill or rack of broiler pan. Brush with half of sauce. Grill or broil 5 to 8 minutes; turn and brush with remaining sauce. Continue grilling or broiling 5 to 8 minutes or until fish flakes easily with fork. Makes 4 servings.

SHRIMP DILL SALAD

- 30 medium shrimp, cleaned and cooked
- ½ cup sliced cucumber, quartered
- ½ cup KRAFT FREE® Nonfat Mayonnaise Dressing
- ¼ cup chopped red onion
- 1 Tbs. chopped fresh dill

Mix all ingredients together in a bowl. Refrigerate several hours. Makes 4 servings.

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Please send me the Better Homes and Gardens® Eat & Stay Slim cookbook ($12.95 retail), the Low Fat Meals cookbook ($12.95 retail) and/or the Easy Stir Fry cookbook ($7.95 retail). I have enclosed one UPC code from one of the advertised brands shown on this page for each book ordered:

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Mmm, mmm, mmm!

MOTT'S® "Fabulous Fudge" Brownies

1 egg
½ cup Mott's® Apple Sauce
½ cup water
brownie mix

Pre-heat oven to 350°. Grease bottom of 13x9 inch pan. Mix brownie mix, water, apple sauce and egg in large bowl. Beat 50 strokes by hand. Don't undermix. Spread in greased pan. Bake at 350°F for 33 to 35 minutes. Don't overbake. Cool completely. Store covered.

For additional recipes call **1-800-225-3548**



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If you love Miracle Whip® cold



Quick-To-Fix Potato Salad

Prep time:
10 minutes plus refrigerating

Cooking time:
14 minutes

- 2 pounds quartered medium red potatoes
- ¼ cup diagonally sliced green onion
- 1 small green pepper, coarsely chopped
- ½ cup MIRACLE WHIP® Salad Dressing
- 1 tablespoon coarse ground mustard

• Add potatoes to boiling water; cook 14 minutes or until tender. Drain.
• Toss with remaining ingredients; refrigerate. Makes 6 servings.



Chicken Waldorf Salad

Prep time:
15 minutes

- 2 cups cubed cooked chicken
- ½ cup coarsely chopped apple
- ½ cup celery slices
- 2 tablespoons raisins
- ¼ cup walnuts
- ½ cup MIRACLE WHIP® Salad Dressing

• Mix all ingredients until blended. Garnish with shredded carrots, if desired. Makes 4 servings.

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you're going to love it hot.





Cheesy Scalloped Potatoes

Prep time: 20 minutes Cooking time: 1 hour

- ½ cup MIRACLE WHIP® Salad Dressing
- 2 tablespoons flour
- 1 cup milk
- 1 cup (4 ounces) KRAFT® Natural Shredded Sharp Cheddar Cheese
- 4 cups sliced potatoes

- Heat oven to 350° F.
- Mix salad dressing and flour. Gradually stir in milk; cook, stirring constantly, until mixture thickens and comes to a boil. Add cheddar cheese; stir until melted.
- Place potatoes in 10" x 6" baking dish. Top with salad dressing mixture; cover with foil. Bake 45 minutes. Uncover. Continue baking 15 minutes or until potatoes are tender. Makes 6 servings.



Honey Mustard Chicken

Prep time: 6 minutes Cooking time: 20 minutes

- ½ cup MIRACLE WHIP® Salad Dressing
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 4 boneless, skinless chicken breast halves (about 1¼ pounds)

- Stir salad dressing, mustard and honey.
- Place chicken on grill or rack of broiler pan. Brush with ½ of sauce. Grill or broil 8 to 10 minutes; turn and brush with remaining sauce. Continue grilling or broiling 8 to 10 minutes or until tender. Makes 4 servings.

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CRACKING THE MORTGAGE CODES

FRMs, ARMs, GPMs—set out to shop for a mortgage and you'll soon find yourself faced with an alphabetic smorgasbord of options. What do all those letters mean, and which type of mortgage is best for you?

Help comes from "The Mortgage Guide," a Federal Trade Commission (FTC) booklet that deciphers all the bureaucratic shorthand for you.

Fixed-rate mortgages (FRMs) are the most common type. The Mortgage Guide explains that with a fixed-rate mortgage the interest rate and monthly payments are fixed for the life of the loan, protecting you against rising interest rates. FRMs are best for buyers who want stable payments.

Adjustable-rate mortgages often carry a lower initial interest rate than fixed-rate mortgages, which can qualify you for a more expensive home. But there's a trade-off: Interest rates on ARMs are adjusted periodically according to terms specified by the lender. These usually peg the rate to an index such as U.S. Treasury bills. If rates rise, monthly payments go up; if rates go down, payments fall.

Graduated-payment mortgages make most sense for buyers who expect their incomes to increase substantially. Interest rates on GPMs can be either fixed or adjustable, but they start out lower than those for conventional mortgages in the first few years, then gradually increase for a set number of years.

The FTC booklet describes these and other financing plans (more than a dozen in all), provides financial tables to help you estimate monthly costs, and gives a list of FTC addresses and telephone numbers for more information.

To order "The Mortgage Guide" (Item 139W), send $1 to R. Woods, Consumer Information Center, Pueblo, CO 81009.

BY KRISTI FULLER, R.D.

MAKE-OVER MAGIC

YOUR FAVORITE RECIPES MADE LIGHTER

"Please, make my recipe healthier!" wrote Jennifer Spencer of Michigan, as did hundreds of readers in similar letters. So, we took a sampling of recipes to our Test Kitchen and slashed calories, fat, cholesterol, and sodium in each—without sacrificing flavor. Each chosen reader fixed the new dish. Their reaction: "We loved it!"



PHOTOGRAPHS: SCOTT LITTLE. FOOD STYLIST: JANET HERWIG

TACO SALAD SAVED 345 CALORIES

Cathie Elias-West of Mission Viejo, California, enjoys her improved Mexican dinner with these easy changes:

- **Bake the tortilla bowls** instead of frying them. Baked tortillas are crispy and low in fat.
- **Lean on lettuce.** Toss some extra lettuce into the salad. It's filling, but 1 cup has only 8 calories.
- **Make meat the sidekick.** Most of us eat more protein than we need. Cutting back on meat and replacing it with vegetables lowers the amount of fat, calories, and cholesterol.
- **Lighten the guacamole.** Combine healthful tomatillos (also called Mexican green tomatoes) with just half of an avocado.

Recipes begin on page 131.

"I didn't tell my husband I was servin

MAKE-OVER MAGIC

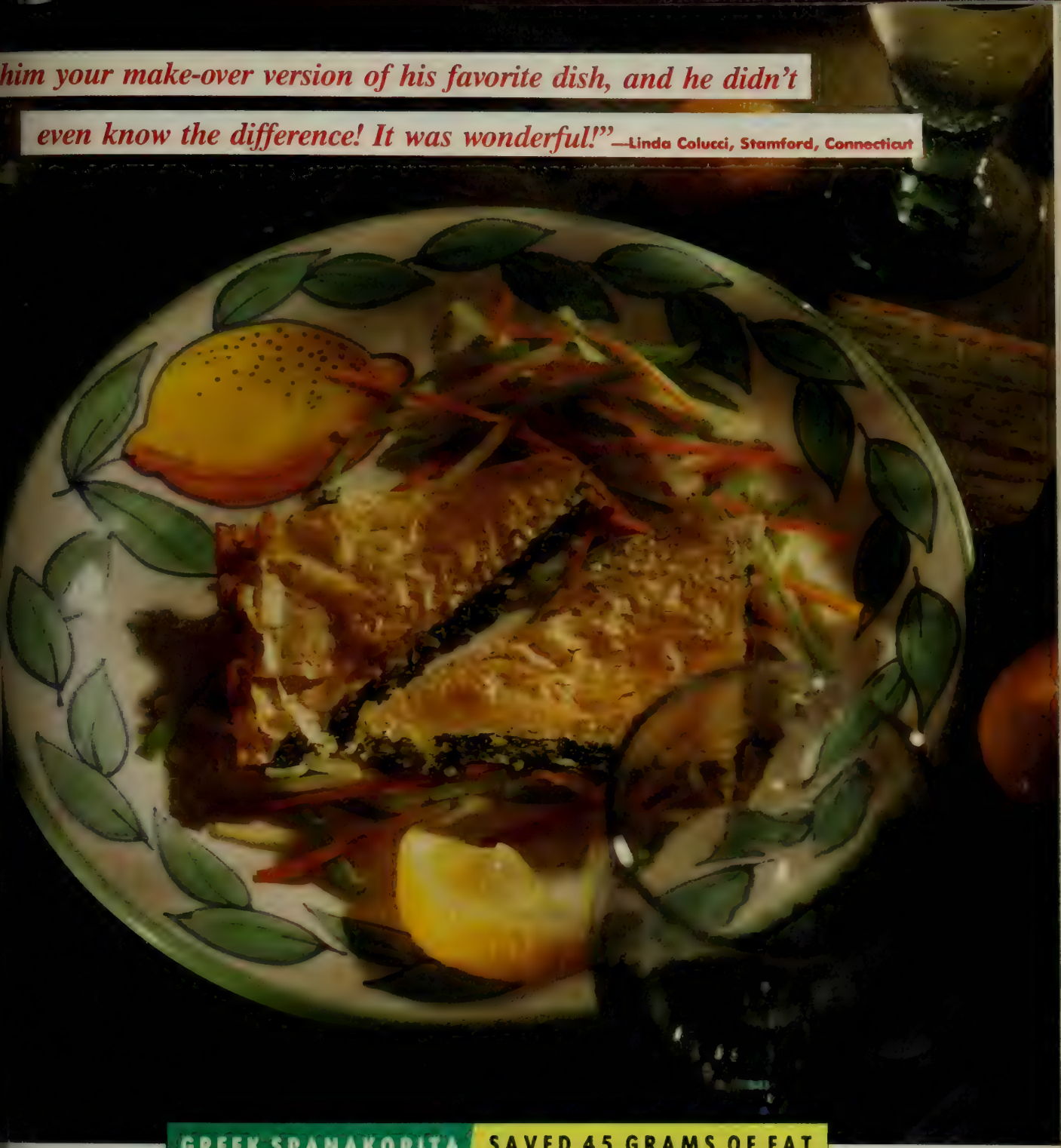


SPAGHETTI ALLA CARBONARA SAVED 19 GRAMS OF FAT

Linda Colucci of Connecticut now turns her Italian feast into a healthfest this way:

- **Sprinkle lightly with Parmesan cheese.** Just a little goes a long way.
- **Use evaporated skim milk in the sauce.** It's a flavorful substitute for cream in recipes and has fewer calories and almost no fat.
- **Trade bacons.** Ounce for ounce, turkey bacon has half the fat of pork bacon.
- **Oust the fat.** Linda's original recipe had 4 tablespoons of butter; now there are none.
- **Add peas, please.** Lean peas and red sweet pepper flavor the carbonara sauce and give it color.
- **Cook the egg.** Concerned about eating raw eggs? You cook the egg for this healthful carbonara sauce.

him your make-over version of his favorite dish, and he didn't even know the difference! It was wonderful!"—Linda Colucci, Stamford, Connecticut

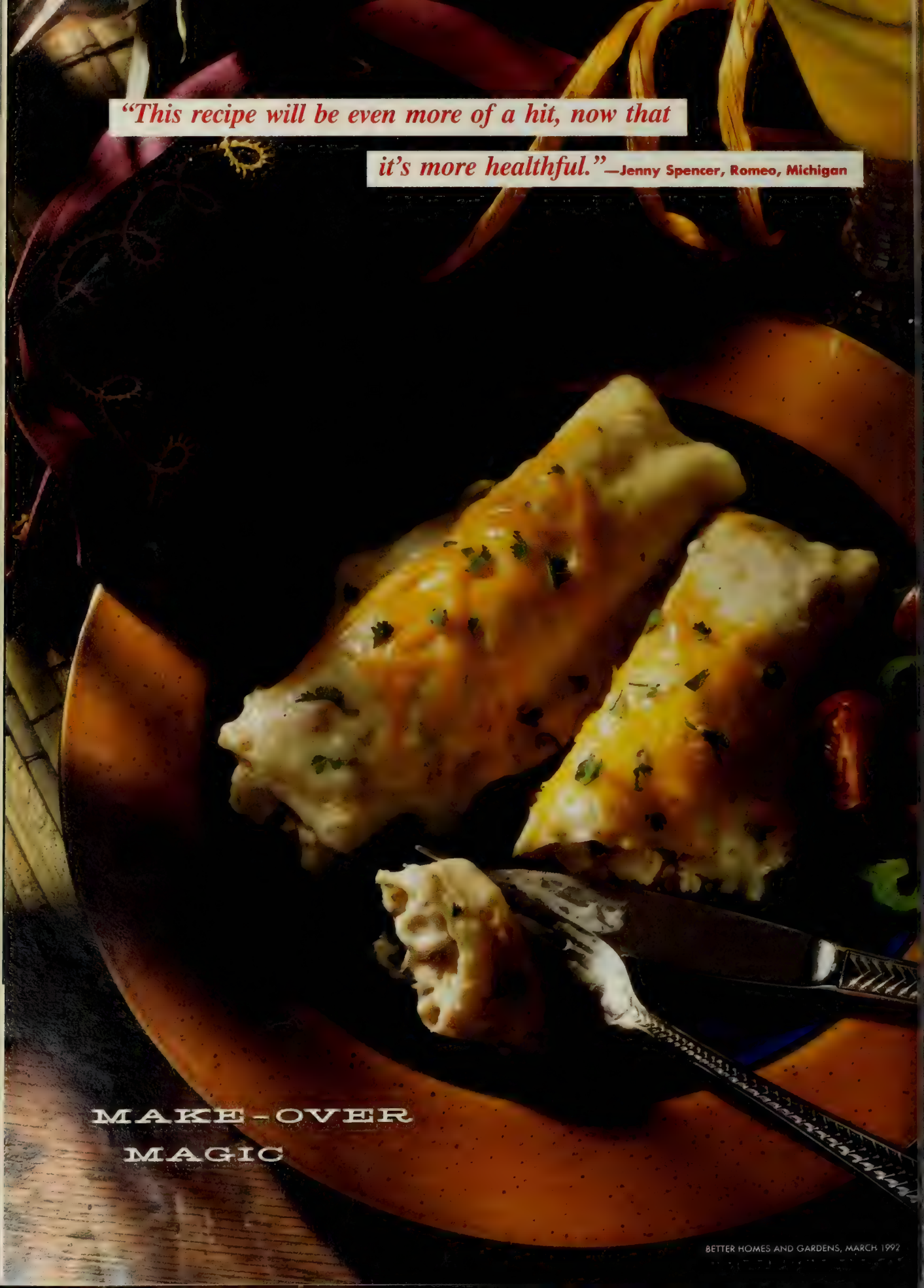


GREEK SPANAKOPITA SAVED 45 GRAMS OF FAT

Lori Kelton of Germantown, New York, loved her Greek recipe but not the fat. It tipped the scales at a whopping 50 grams of fat per serving (440 fat calories), while the new recipe weighs in at only 5 grams (45 fat calories).

- **Spritz with nonstick coating.** Instead of slathering margarine or butter between the layers of phyllo, use nonstick spray coating (try the butter or olive oil variety, if you like).
- **Snip the amount of cheese.** We halved the amount of feta cheese Lori used in her recipe. But you won't miss it here.
- **Layer with fewer sheets of phyllo.** We went from 20 sheets of phyllo dough to just three. This saved about 100 calories per serving.

Recipes begin on page 131.


"This recipe will be even more of a hit, now that it's more healthful."—Jenny Spencer, Romeo, Michigan
MAKE-OVER MAGIC

TURKEY ENCHILADAS — SAVED 22 GRAMS OF FAT

Jenny Spencer fondly dubbed her favorite recipe "Heart-Attack Enchiladas" because of its 32 grams of fat. She'll have to think of a new name now.

- **Toast the nuts.** This simple step brings out the nutty flavor so you can get by with fewer. Toast them in the oven or microwave.
- **Trim the sodium.** Canned soups often are high in sodium. If you must watch your sodium intake, use a reduced-sodium soup in recipes in place of regular soup.
- **Search for lighter dairy products.** Light cream cheese and reduced-fat cheese or sour cream deliver a bowlful of calorie savings with big taste.

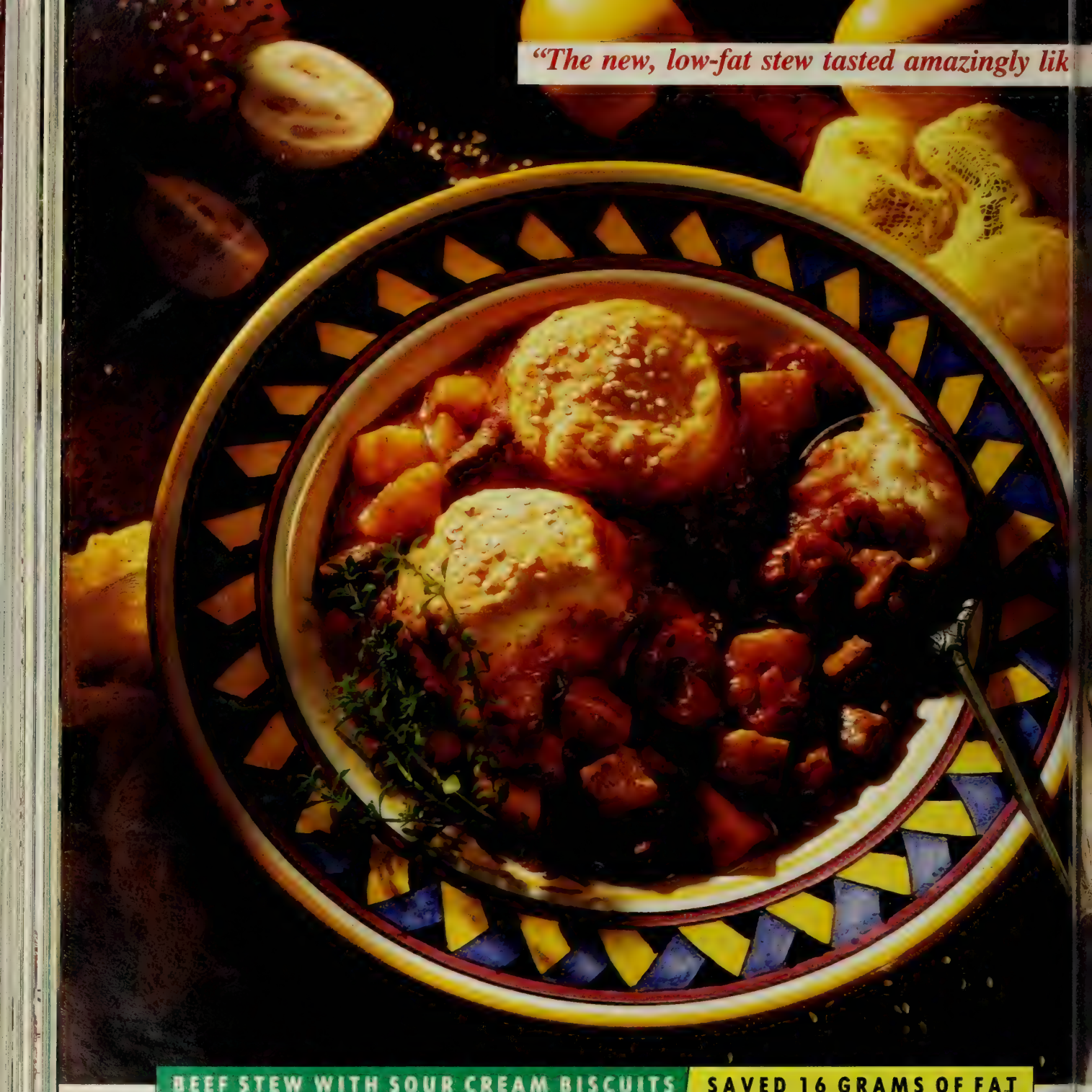


BREAKFAST CASSEROLE — SAVED 239 MG OF CHOLESTEROL

"Cholesterol Casserole," a favorite of Elizabeth Ming Cooper of Redmond, Washington, is now heart healthier with 32 milligrams of cholesterol.

- **Try turkey sausage.** Turkey sausage has half the cholesterol of regular pork sausage.
- **Use an egg substitute.** One egg has 213 milligrams of cholesterol and 5.6 grams of fat while ¼ cup of egg substitute (equivalent to 1 egg) has 1 milligram of cholesterol and 0 grams fat.
- **Shred on reduced-fat cheese.** Ounce for ounce, save 4 grams of fat compared to regular cheddar. Using the sharp natural variety adds more flavor than the mild.

Recipes begin on page 133.



BEEF STEW WITH SOUR CREAM BISCUITS | SAVED 16 GRAMS OF FAT

Esther R. Bowring of Virginia used to fret about the amount of fat in her family's favorite stew. But no more. Here's what to do:

- **Drain off fat.** Brown the meat to add flavor and drain off any fat. Use nonstick spray coating instead of oil in the pan.
- **Flavor with herbs.** Toss in herbs, such as thyme and bay leaves, to boost flavor.
- **Load up on veggies.** Vital vegetables add few calories and no fat. Add them freely to meat dishes, such as stew. We replaced some of the beef with eggplant, which has a meaty texture.
- **Adjust the sour cream.** Cut the amount and switch to reduced-fat sour cream. Or, substitute plain nonfat yogurt for sour cream in most recipes.

the original."—Esther R. Bowring, Arlington, Virginia

MAKE-OVER MAGIC



SHRIMP CURRY SAVED 39 GRAMS OF FAT

Beryl Manley Wauson, of Centennial, Wyoming, nicknamed her recipe "Snow on the Mountain" for the avalanche of fresh coconut sprinkled atop. To make the fat melt away:

● **Flavor with buttermilk.** Use low-calorie, low-fat buttermilk in the sauce.

● **Choose condiments wisely.** Both coconut and nuts, traditional toppings for curry dishes, pack a lot of calories. Top each serving with lighter condiments such as bananas, raisins, and pineapple. Or, use just a sprinkling of coconut or nuts, if you like.

● **Thicken with cornstarch.** Eliminate the fat needed for a flour roux by mixing cornstarch with water instead. We shaved off almost 1 tablespoon of fat per serving this way.

Recipes begin on page 135.

MAKE-OVER MAGIC



Desperate for dessert? Follow the tips we used to slim down Marie Ann Donovan's spiced cake.

- **Substitute egg whites for whole eggs** to cut cholesterol. The rule of thumb for replacing egg whites with whole eggs: Use 2 whites for every egg yolk. Replace only about half of the yolks in a baked product because the yolks act as a tenderizer.
- **Try juice for some of the oil.** You won't be able to replace all of the oil, but we replaced more than half of it with juice.
- **Toss in only a nibble of nuts.** Finely chop nuts so they'll go farther.

"My family liked the make-over better. The cake tastes marvelous!"

—Marie Ann Donovan, Chicago, Illinois

FALL APPLE CAKE

1¼ cups sugar
½ cup cooking oil
2 egg whites
1 egg
2 tsp. vanilla
1 cup apple juice
2 cups all-purpose flour
¾ cup whole wheat flour
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. ground nutmeg
½ tsp. baking soda
3 cups peeled, cored, and sliced cooking apples (such as Golden Delicious *or* McIntosh)
½ cup finely chopped walnuts, toasted
Powdered sugar (optional)
Vanilla yogurt (optional)

- **In a large mixer bowl** beat sugar and oil on medium speed of an electric mixer till combined; add eggs and vanilla. Beat on medium speed for 1 minute or till creamy. Stir in juice.
- **In a medium mixing bowl** stir together the all-purpose flour, whole wheat flour, baking powder, cinnamon, nutmeg, and baking soda. Stir flour mixture into egg mixture. Gently stir in the apples and the walnuts. Pour the batter into a greased and floured 10-inch tube pan.
- **Bake in a 350° oven** for 60 to 65 minutes or till wooden pick inserted comes out clean. Cool in pan for 10 minutes. Remove from pan; cool on a wire rack for 30 minutes. Serve warm. If desired, sprinkle the cake with powdered sugar; top each slice with a dollop of vanilla yogurt and additional nutmeg. Makes 12 servings.

Nutrition information per serving: *323 cal., 13 g fat, 17 mg chol., 5 g pro., 49 g carbo., 99 mg sodium, 2 g fiber. U.S. RDA: 49% calcium, 11% iron, 19% thiamine, and 13% riboflavin.*

continued on page 127



Anytime Broccoli Cheese Sauce

1 can Campbell's® NEW Broccoli Cheese Soup
⅓ cup milk

1. Combine soup and milk.
   Conventional: Over medium heat, heat until hot and bubbling, stirring often.
   Or Microwave: Microwave, uncovered, on HIGH 5 min. or until hot and bubbling, stirring halfway through heating.
2. Serve over vegetables such as broccoli, cauliflower and carrots. Makes 1½ cups.

Prep time: 3 min.
Cook time: 5 min.

Parmesan Broccoli Sauce: Add ¼ cup grated Parmesan cheese.

Everyday Broccoli Cheese Chicken

1 tbsp. margarine
4 skinless, boneless chicken breast halves (about 1 lb.)
1 can Campbell's NEW Broccoli Cheese Soup
⅓ cup water or milk
⅛ tsp. pepper
2 cups broccoli flowerets

1. In skillet over medium heat, in hot margarine, cook chicken 10 min. or until browned on both sides. Spoon off fat.
2. Stir in soup, water and pepper. Heat to boiling. Add broccoli. Reduce heat to low. Cover; simmer 10 min. or until chicken is fork-tender and broccoli is done, stirring occasionally.

4 servings.

Prep time: 5 min.
Cook time: 25 min.



©1991 Campbell Soup Company

New Campbell's Broccoli Cheese Soup.



Mm! Mm! Good!

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber help keep tabs on what you eat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA), whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients such as sauces or garnishes from the nutrition analysis.

We use the first serving size listed when a range is listed at the end of the recipe.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one for the nutrition analysis. The ingredient order does not mean we prefer one ingredient over the other.

BETTER HOMES AND GARDENS TEST KITCHEN ®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat. These dietary guidelines suggest what moderately active women should strive for each day (in general, active males and teenagers need more calories):

Calories—2,000
Fat—No more than 67 grams
Cholesterol—No more than 300 milligrams
Protein—About 75 grams
Carbohydrate—About 275 grams
Sodium—No more than 3,000 milligrams
Fiber—20 to 30 grams

There's no real harm in going over or under these dietary guidelines in any single day, but aim for a balanced diet over time.

Workingmoms' Compensation



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Anne Thompson used three packets of Good Seasons® this week. And didn't make a single salad.



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BASIL-POTATO SOUP

Nancy Rice of White Bear Lake, Minnesota, challenged us to make her potato soup more healthful. Here's how:

● **Try the tang of buttermilk.** To mimic the flavor and creaminess of the 1½ cups of sour cream in Nancy's recipe, we used buttermilk instead. Just a small dollop of sour cream atop the soup satisfies.

● **Use Canadian-style bacon.** Ounce for ounce, it has 116 fewer calories than regular bacon.

1 large onion, finely chopped
4 fresh shiitake *or* button mushrooms, sliced (about ½ cup)
2 tsp. olive oil *or* cooking oil
3 large potatoes, peeled and thinly sliced (about 4½ cups)
1 14½-oz. can beef broth
1 14½-oz. can reduced-sodium chicken broth
½ cup buttermilk
1 Tbsp. cornstarch
2 slices (1½ oz.) Canadian-style bacon, chopped (about ⅓ cup)
1 Tbsp. snipped fresh basil *or* 1 tsp. dried basil, crushed
¼ cup reduced-calorie dairy sour cream *or* plain low-fat yogurt
Fresh basil leaves (optional)

● **Cook** onion and mushrooms in hot oil over medium-high heat till onion is tender and light brown.

● **Add** potatoes, beef broth, and chicken broth. Bring to boiling; reduce heat. Cover and simmer about 30 minutes or till potatoes are tender.

● **In a small bowl stir together** buttermilk and cornstarch; stir into broth mixture. Stir in bacon and basil. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Top each serving with sour cream or yogurt. If desired, garnish with basil. Makes 6 side-dish servings.

Microwave directions: In a 2-quart microwave-safe casserole combine onion, mushrooms, and oil. Micro-cook, covered, on 100% power (high) for 2 to 4 minutes or till onion is tender. Add potatoes and chicken and beef broth. Cook, covered, on high for 15 to 18 minutes (low-wattage ovens: 20 to 25 minutes) or till potatoes are tender, stirring once.

Stir together buttermilk and cornstarch; stir into casserole. Stir in bacon and basil. Cook, uncovered, on high about 5 minutes (low-wattage ovens: 7 minutes) or till mixture is slightly thickened and bubbly, stirring after every minute. Cook for 2 minutes more, stirring once. Serve as directed.

Nutrition information per 1-cup serving: *162 cal., 4 g fat, 6 mg chol., 7 g pro., 26 g carbo., 565 mg sodium, 1 g fiber. U.S. RDA: 19% vit. C, 17% thiamine, and 10% riboflavin.*

continued on page 129





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MAKE-OVER MAGIC

continued from page 127

CREAMY POTLUCK POTATOES

Brenda Hudson of Springfield, Oregon, felt guilty when she made her special potato dish. She won't feel guilty anymore with these easy changes:



● **Shake in a butter-flavored mix.** For buttery taste, sprinkle in dry butter-flavored mix—it adds just 24 calories.

● **Clip the cream cheese.** We used light cream cheese and cut the amount Brenda used by half. You won't even miss the other half.

● **Lighten the dairy products.** Again, use dairy products that are low in fat and calories. Reduced-calorie sour cream and reduced-fat cheese let you enjoy the richness without the guilt.

- **5 large (2½ lb.) potatoes, peeled and chopped (7½ cups)**
- **1 10¾-oz. can reduced-sodium condensed cream of chicken soup**
- **½ cup reduced-calorie dairy sour cream**
- **½ of an 8-oz. package light cream cheese (Neufchâtel), softened**
- **½ of a ½-oz. pkg. butter-flavored mix (about 1 Tbsp.)**
- **¾ cup shredded reduced-fat sharp cheddar cheese (3 oz.)**
- **¼ cup sliced green onion**
- **¼ cup skim milk**
- **1 Tbsp. dried parsley flakes**
- **¼ tsp. garlic salt**
- **¼ tsp. pepper**

● **Cook** potatoes in boiling water for 10 to 12 minutes or till tender. Drain. Rinse with cold water. Drain again.

● **In a large mixing bowl stir** together the soup, sour cream, cream cheese, and the dry butter-flavored mix. Add *¼ cup* of the shredded cheese, *3 tablespoons* of the green onion, the skim milk, parsley, garlic salt, and pepper; stir mixture to combine. Stir in the cooked potatoes. Transfer the mixture to a 2-quart shallow casserole or 12x7½x2-inch baking dish.

● **Bake, uncovered, in a 350° oven** for 30 to 35 minutes or till heated through. Sprinkle with remaining cheese. Bake 5 minutes more or till cheese melts. Sprinkle with remaining green onion. Makes 10 servings.

Nutrition information per serving: *174 cal., 5 g fat, 16 mg chol., 6 g pro., 26 g carbo., 205 mg sodium, 0 g fiber. U.S. RDA: 12% calcium, 10% vit. A, 15% vit. C., 10% thiamine, 10% niacin.*

Anne put some snap in her beans.

- Prepare Good Seasons® Dressing in cruet.
- Microwave without cap 30 seconds at high.
- Pour over hot cooked vegetables (cruet may be hot).

You Make It Fresh. You Make It Best.™



CARROT-RAISIN MUFFINS

Over the years, Mary Dunneback of Chicago has baked her muffins for Boy Scouts, car trips, and luncheons at work. But, the amount of fat in them made her cringe. To trim 115 calories per muffin, try this:

● **Replace oil or fat with corn syrup.** Fat-free corn syrup gives the tender texture and moistness you expect.



- **1½ cups all-purpose flour**
- **½ cup whole wheat flour**
- **½ cup sugar**
- **2 tsp. baking powder**
- **½ tsp. ground cinnamon**
- **¼ tsp. ground ginger**
- **2 beaten eggs**
- **1 8-oz. can crushed pineapple (juice pack)**
- **¼ cup finely shredded carrot**
- **¼ cup raisins**

continued on page 131



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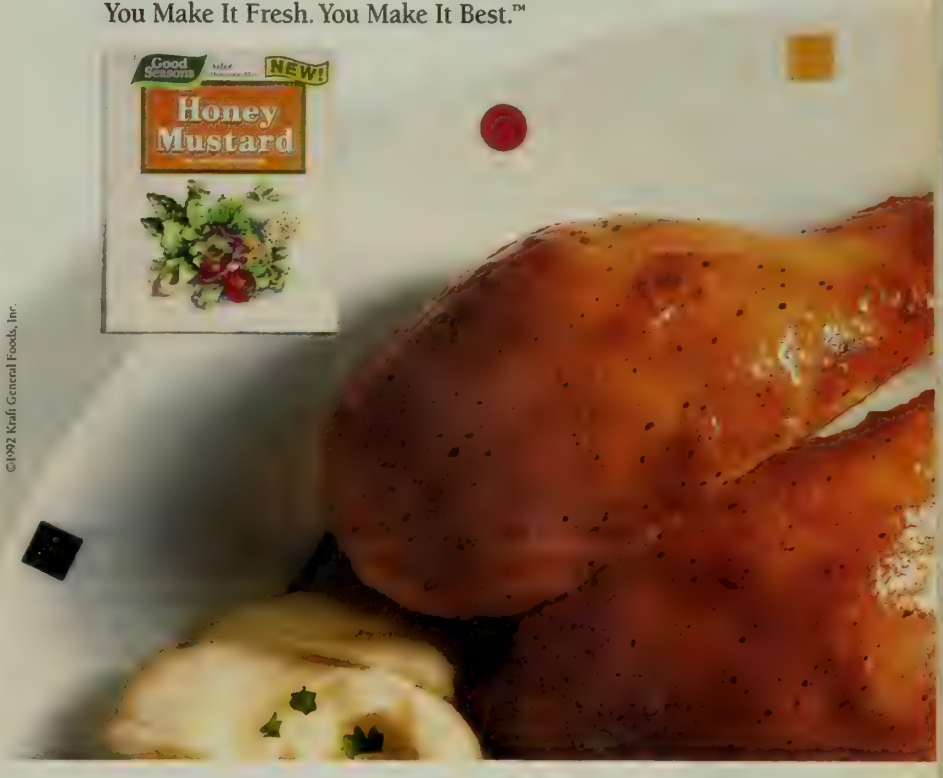
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Anne's Honey Mustard Masterpieces.

- Pour one cup prepared Good Seasons® Honey Mustard Dressing over 2½ lbs. of chicken pieces.
- Marinate in refrigerator at least 3 hours.
- Remove chicken from marinade and bake at 350° for 60 minutes.

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MAKE-OVER MAGIC

continued from page 129

2 Tbsp. light corn syrup
1 tsp. vanilla
Nonstick spray coating
¼ cup finely chopped walnuts

● **In a large mixing bowl stir** together flours, sugar, baking powder, cinnamon, and ginger. Make a well in the center; set aside. In a small mixing bowl stir together eggs, *undrained* pineapple, carrot, raisins, corn syrup, and vanilla; add all at once to flour mixture. Stir just till moistened.

● **Spray 12** standard-size muffin cups with nonstick coating or line cups with paper bake cups. Divide batter evenly among muffin cups. Sprinkle with nuts. Bake in a 400° oven about 20 minutes or till golden. Serve warm. Makes 12 muffins.

Nutrition information per muffin: *162 cal., 3 g fat, 36 mg chol., 4 g pro., 31 g carbo., 63 mg sodium, 1 g fiber.*

TACO SALAD

The tomatillo (tohm-ah-TEE-oh) looks like a small green tomato, but has a thin, parchmentlike covering (that is removed before cooking). The flavor is a combination of lemon, apple, and herbs. We've used it here in the lightened guacamole. Look for tomatillos in Mexican markets or the produce section of your supermarket—

1 recipe Tortilla Cups
1 recipe Tomatillo Guacamole
½ lb. lean ground beef
3 cloves garlic, minced
1 15-oz. can dark red kidney beans, drained
¾ cup frozen whole kernel corn
1 8-oz. jar taco sauce
1 Tbsp. chili powder
1 small head lettuce, torn into pieces (about 8 cups)
2 medium tomatoes, chopped
1 large green pepper, chopped
¾ cup shredded reduced-fat sharp cheddar cheese (3 oz.)
4 green onions, thinly sliced
Salsa (optional)

● **Prepare Tortilla Cups; set aside.** Prepare Tomatillo Guacamole; chill. In a medium skillet cook beef and garlic till beef is brown. Drain off fat. Stir in kidney beans, corn, taco sauce, and chili powder. Bring to boiling; reduce heat. Cover; simmer for 10 minutes.

● **Meanwhile, in a large bowl** combine lettuce, tomatoes, green pepper, cheese, and green onions. Add beef mixture; toss to mix. To serve, divide lettuce mixture among Tortilla Cups. Top each with Tomatillo Guacamole and salsa, if desired. Makes 6 servings.

Tortilla Cups: Lightly brush six 9- or 10-inch *flour tortillas* with a small amount of *water* or spray *nonstick coating* onto *one side* of *each* tortilla. Spray nonstick coating into 6 small oven-safe bowls or 16-ounce individual casseroles. Press tortillas, coated side up, into casseroles. Place a ball of foil in each tortilla cup to help hold its shape. Bake in a 350° oven for 15 to 20 minutes or till light brown. Remove foil. Cool; remove Tortilla Cups from bowls or casseroles. If desired, cups can be made ahead and stored in an airtight container for up to five days.

Tomatillo Guacamole: Rinse, drain, and finely chop 4 *canned tomatillos* (about ⅓ cup). (*Or,* simmer 2 husked tomatillos, about 3½ ounces, in boiling water for 10 minutes. Drain and chop.) In a small mixing bowl combine tomatillos; ½ of a small seeded, peeled, and chopped *avocado* (about ½ cup); 2 tablespoons chopped canned *green chili peppers;* and ⅛ teaspoon *garlic salt.* Cover and chill up to 24 hours. Makes about ¾ cup.

Nutrition information per serving: *361 cal., 13 g fat, 41 mg chol., 24 g pro., 44 g carbo., 479 mg sodium, 8 g fiber. U.S. RDA: 25% calcium, 30% iron, 24% vit. A, 77% vit. C, 19% thiamine, 30% riboflavin, 19% niacin.*

SPAGHETTI ALLA CARBONARA

You'll love the creamy, smoky flavor!

8 oz. linguine *or* spaghetti
Nonstick spray coating
2 slices turkey bacon, sliced crosswise into strips
1 beaten egg
1 cup evaporated skim milk
½ cup frozen peas
¼ cup chopped red sweet pepper
¼ tsp. crushed red pepper
½ cup freshly shredded *or* grated Parmesan cheese (about 2 oz.)
Black pepper

● **Cook linguine** or spaghetti according to package directions.

continued on page 132



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MAKE-OVER MAGIC

continued from page 131

● **Meanwhile, spray** a medium saucepan with nonstick coating. Cook bacon in skillet till crisp and light brown. Drain on paper towels. Wipe saucepan clean with paper towel.

● **For sauce,** in same saucepan combine egg, evaporated skim milk, peas, sweet pepper, and crushed red pepper. Cook and stir over medium heat just till the mixture coats a metal spoon (about 6 minutes). *Do not boil.* Stir in bacon and *half* of the Parmesan cheese. Heat through.

● **Immediately pour** over hot, cooked pasta; toss to coat. Transfer to a warm serving platter. Sprinkle with black pepper and remaining Parmesan cheese. Serve immediately. Makes 4 main-dish servings.

Nutrition information per serving: *383 cal., 7 g fat, 71 mg chol., 22 g pro., 56 g carbo., 362 mg sodium, 1 g fiber. U.S. RDA: 41% calcium, 20% iron, 17% vit. A, 38% thiamine, 36% riboflavin, 21% niacin.*

GREEK SPANAKOPITA

Span-uh-KOH-pee-tuh is phyllo pastry stuffed with spinach, feta cheese, eggs, and seasonings—

2 lb. fresh spinach leaves *or* two 10-oz. pkg. frozen chopped spinach, thawed
1¼ cups chopped onion
2 cups low-fat cottage cheese, well drained
1 cup crumbled feta cheese (4 oz.)
1 8-oz. carton frozen egg product, thawed (1 cup)
⅓ cup quick-cooking rice
2 Tbsp. snipped fresh basil *or* 2 tsp. dried basil, crushed
¼ tsp. salt
⅛ tsp. ground nutmeg
⅛ tsp. pepper
Nonstick spray coating
3 sheets frozen phyllo dough (18x14-inch rectangles), thawed
2 tsp. margarine *or* butter, melted

● **Wash, stem, and chop spinach,** if using fresh. In a large saucepan cook fresh spinach, covered, in a small amount of boiling water 3 to 5 minutes. (Do not cook frozen spinach.)

Drain fresh-cooked or frozen-thawed spinach well in a colander, pressing with the back of a spoon to force out excess liquid; set aside.

● **In a small skillet cook** onion in small amount of boiling water, covered, till crisp-tender; drain. In a large mixing bowl combine the spinach, onion, drained cottage cheese, feta, egg product, *uncooked* rice, basil, salt, nutmeg, and pepper.

● **Spray a 13x9x2-inch baking dish** with nonstick coating. Spread the spinach mixture in the dish. Spray one sheet of phyllo with nonstick coating; fold in half crosswise. Place atop spinach mixture. Spray the top of the sheet again lightly with nonstick coating. Repeat with remaining sheets of phyllo dough. Brush the top layer with melted margarine or butter.

● **Bake in a 375° oven** for 40 to 45 minutes or till golden. Let stand for 5 to 10 minutes before cutting into triangles or squares. Makes 8 main-dish or 16 to 20 appetizer servings.

Nutrition information per main-dish serving: *167 cal., 5 g fat, 15 mg chol., 16 g pro., 16 g carbo., 596 mg sodium, 0 g fiber. U.S. RDA: 30% calcium, 28% iron, 96% vit. A, 18% vit. C, 15% thiamine, and 29% riboflavin*

TURKEY ENCHILADAS

Toasted pecans add rich flavor to the filling. To toast them, place the pecans in a small skillet and cook over medium heat, stirring often, for 5 to 7 minutes or till golden—

½ cup chopped onion
Nonstick spray coating
½ of an 8-oz. pkg. light cream cheese (Neufchâtel), softened
1 Tbsp. water
¾ tsp. ground cumin
Salt (optional)
4 cups chopped cooked turkey *or* chicken
¼ cup chopped pecans, toasted
12 6-inch flour tortillas
1 10¾-oz. can reduced-sodium condensed cream of chicken soup
1 8-oz. carton reduced-calorie dairy sour cream
1 cup skim milk
1 *or* 2 Tbsp. pickled jalapeño pepper strips, finely chopped
½ cup shredded reduced-fat sharp cheddar cheese (2 oz.)

continued on page 135





MINUTE

• INSTANT BROWN RICE •



RICE STUFFED FLOUNDER

- 1 small onion, chopped
- 1 cup sliced mushrooms
- 1 tablespoon margarine
- 1 cup chicken broth
- ½ cup half and half
- 1½ tablespoons cornstarch
- 1 teaspoon dill weed
- 1½ cups MINUTE® Instant Brown Rice
- ¾ cup each grated carrot and zucchini
- 4 flounder fillets (4 oz. each)
- ¼ teaspoon each salt and paprika



- Heat oven to 350°. Brown onion and mushrooms in hot margarine.
- Mix broth, half and half, cornstarch and dill; add to pan. Bring to boil.
- Add rice; return to boil. Reduce heat; cover. Simmer 5 minutes. Remove from heat. Stir in carrot and zucchini. Let stand 5 minutes.
- Stuff fish with mixture and sprinkle with salt and paprika. Bake fish over any remaining mixture 15-20 mins. Serves 4.

Nutrition information per Serving: 340 calories, 28 g protein, 5 g fat, 65 mg cholesterol, 480 mg sodium, 3 g dietary fiber.

FAST, EASY AND GOOD FOR YOU, TOO.

RICE-IPES

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MAKE-OVER MAGIC

continued from page 133

Snipped cilantro *or* parsley (optional)
Chopped tomato and green sweet pepper (optional)

● **In a small skillet cook** onion, covered, in a small amount of water over medium heat till tender; drain.

● **For enchiladas, spray** a 13x9x2-inch baking dish with nonstick coating. In a small mixing bowl stir together cream cheese, water, cumin, and salt to taste, if desired. Stir in cooked onion, turkey or chicken, and toasted pecans.

● **Meanwhile, wrap tortillas in foil.** Heat in a 350° oven for 10 to 15 minutes or till softened. *(Or,* wrap tortillas in microwave-safe paper towels and micro-cook on 100% power [high] for 30 to 60 seconds or till softened.)

● **Spoon about *¼ cup* turkey mixture** onto *each* tortilla; roll up. Place, seam side down, in the baking dish. For sauce, in a medium mixing bowl combine soup, sour cream, milk, and chili peppers; pour over enchiladas.

● **Bake, covered, in a 350° oven** about 40 minutes or till heated through. Sprinkle enchiladas with cheddar cheese. Bake, uncovered, for 4 to 5 minutes more or till cheese is melted. Top with snipped cilantro or parsley, tomatoes, and green pepper, if desired. Makes 12.

Nutrition information per enchilada: *256 cal., 10 g fat, 44 mg chol., 21 g pro., 21 g carbo., 271 mg sodium, 1 g fiber. U.S. RDA: 18% calcium, 11% iron, 16% riboflavin, 27% niacin.*

BREAKFAST CASSEROLE

6 slices whole wheat bread
Nonstick spray coating
½ lb. ground turkey sausage
1 medium red *or* green sweet pepper, chopped (about ¾ cup)
½ cup chopped fresh mushrooms
4 oz. shredded reduced-fat sharp cheddar cheese (1 cup)
1 10¾-oz. can reduced-sodium condensed cream of mushroom soup
1 8-oz. carton frozen egg product (1 cup), thawed
1 cup evaporated skim milk
¾ tsp. dry mustard
⅛ tsp. pepper

LOW-FAT PRODUCTS—WHAT TO LOOK FOR

Many of the Make-Over Magic recipes call for low-fat products. For recipe testing and for the nutritional analyses that accompany the recipes, the following products were used. Note the fat content of these ingredients so that when you grocery shop, you can buy similar products to use in the recipes.

FOOD	GRAMS OF FAT
Reduced-calorie dairy sour cream (1 oz.**)	2.0
Reduced-fat cheese (1 oz.)	5.0
Light cream cheese (1 oz.)	7.0
Low-fat* yogurt (1 oz.**)	0.4
Non-fat* yogurt (1 oz.**)	0.1
Skim milk (1 cup)	0.4
Lean ground beef, 90% lean (1 oz.)	2.7
Evaporated skim milk (1 cup)	0.8
Ground turkey sausage (1 oz.)	4.2
Turkey bacon (1 slice)	2.4
1% Low-fat cottage cheese (1 cup)	2.3

***You many use either non-fat or low-fat yogurt in these recipes.**
****1 oz. sour cream or yogurt = about 2 tablespoons.**

● **Cut bread into cubes;** place in a large, shallow pan. Bake in a 350° oven for 8 to 10 minutes or till toasted, stirring once. Spray a 12x7½x2-inch baking dish with nonstick coating. Place *half* of the bread cubes in the baking dish; set aside.

● **Meanwhile, in a large skillet cook** sausage, sweet pepper, and mushrooms over medium-high heat till sausage is brown. Drain off fat. Pat vegetable mixture with a paper towel to remove excess fat. Spoon mixture atop bread cubes in dish. Sprinkle with *half* of the shredded cheese. Top with remaining bread.

● **In a medium mixing bowl combine** soup, egg product, evaporated milk, mustard, and pepper. Pour over bread, pressing down cubes with back of spoon, to moisten. Cover; chill for at least 2 hours or for up to 24 hours.

● **To serve, bake in a 350° oven** for 30 minutes or till a knife inserted near the center comes out clean. Sprinkle with remaining cheese. Bake 2 to 3 minutes more. Let stand for 5 to 10 minutes before serving. Serves 6 to 8.

Nutrition information per serving: *322 cal., 14 g fat, 32 mg chol., 25 g pro., 23 g carbo., 932 mg sodium, 3 g fiber. U.S. RDA: 39% calcium, 19% iron, 23% vit. A, 20% vit. C, 34% riboflavin.*

BEEF STEW WITH SOUR CREAM BISCUITS

In order to counter the amount of sodium in the bouillon, we used low-sodium tomato paste—

¾ lb. boneless beef top round steak, cut into ½-inch cubes
1 Tbsp. all-purpose flour
Nonstick spray coating
1 cup chopped onion
3 medium potatoes, cubed
1 14½-oz. can Italian-style stewed tomatoes
½ of a 6-oz. can low-sodium tomato paste (⅓ cup)
2½ cups water
2 tsp. instant beef bouillon granules
1 Tbsp. sugar
1 tsp. dried thyme, crushed
1 tsp. Worcestershire sauce
1 bay leaf
1 cup cubed eggplant, peeled, if desired
1 recipe Sour Cream Biscuits (see recipe, *page 136*)
⅓ cup reduced-fat dairy sour cream
1 Tbsp. all-purpose flour
2 tsp. milk
1 tsp. sesame seed (optional)
Fresh thyme (optional)

● **In a plastic bag combine** meat and the 1 tablespoon flour; shake to coat meat. Spray a 4½-quart Dutch oven with nonstick coating. Add meat and onion; cook till meat is brown and onion is tender. Drain off any fat. Add potatoes, *undrained* tomatoes, tomato paste, water, bouillon, sugar, thyme, Worcestershire sauce, and bay leaf.

● **Bake, covered, in a 350° oven** for 1 hour. Add eggplant. Cover and bake for 30 minutes more.

● **Meanwhile, prepare** Sour Cream Biscuits. Remove stew from oven; increase oven temperature to 425°. Discard bay leaf. Combine sour cream and remaining 1 tablespoon flour; stir into stew. Brush biscuits with milk. Sprinkle with sesame seed, if desired.

continued on page 136

Hillshire Farm "Presto."



SAUSAGE SPAGHETTI. 20 MINUTES.
1 to 1½ lbs. Hillshire Farm® Hot Links, sliced
1 lb. spaghetti
1 medium green pepper, chopped
Your favorite spaghetti sauce
Prepare spaghetti; drain. In skillet, cook Hot Links and pepper until pepper is tender-crisp. Stir in spaghetti sauce. Simmer uncovered for 10 minutes, stirring occasionally. Serve over spaghetti. Serves 6.



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¾ cup buttermilk
3 Tbsp. cornstarch
2 Tbsp. lemon juice
½ cup chopped green pepper
Hot cooked brown rice
Assorted condiments, such as 2 bananas, sliced; ½ cup drained pineapple chunks, coarsely chopped; ¼ cup golden raisins; ½ cup chutney *and/or* ¼ cup unsweetened coconut (chopped if pieces are large) *or* coarsely chopped peanuts

- **Thaw shrimp, if frozen.** Peel and devein. Cut down the back of each shrimp, cutting completely in half.
- **Meanwhile, in a large saucepan** or Dutch oven cook onion in margarine or butter till tender. Stir in curry powder; cook and stir for 1 minute over medium-low heat. Stir in carrots, water, and bouillon granules. Bring to boiling. Cook, uncovered, about 10 minutes or till carrots are just tender.
- **In a small mixing bowl stir** together the evaporated milk, buttermilk, and cornstarch; add to saucepan. Stir in lemon juice, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.* Cook and stir till thickened and bubbly. Add shrimp and green pepper; return to boiling. Cook and stir 2 minutes more or till shrimp turn pink. Serve shrimp mixture over rice. Serve with desired condiments. Makes 8 servings.

Nutrition information per serving: *303 cal., 4 g fat, 133 mg chol., 22 g pro., 45 g carbo., 431 mg sodium, 4 g fiber. U.S. RDA: 27% calcium, 22% iron, 137% vit. A, 29% vit. C, 18% thiamine, 21% riboflavin, 26% niacin.*

MAKE-OVER MAGIC

continued from page 135

Arrange cutout biscuits atop meat mixture. Bake, uncovered, for 20 to 25 minutes or till biscuits are golden. If desired, garnish each serving with fresh thyme. Serves 6.

Sour Cream Biscuits: In a large mixing bowl stir together 1¼ cups *all-purpose flour* and 1½ teaspoons *baking powder.* Cut in ¼ cup *margarine* or *butter* till mixture resembles coarse crumbs. Stir in ⅓ cup *reduced-fat dairy sour cream* and ¼ cup *skim milk.* On a lightly floured surface knead dough 8 to 10 times. Roll or pat to ½-inch thickness. With a 2-inch biscuit cutter, cut dough into circles. Makes 12 biscuits.

Nutrition information per serving: *408 cal., 13 g fat, 40 mg chol., 22 g pro., 53 g carbo., 757 mg sodium, 2 g fiber. U.S. RDA: 17% calcium, 25% iron, 28% vit. A, 39% vit. C, 36% thiamine, 29% riboflavin, 40% niacin.*

SHRIMP CURRY

2 lb. fresh *or* frozen large shrimp in shells
½ cup chopped onion
1 Tbsp. margarine *or* butter
1 Tbsp. curry powder
4 medium carrots, bias-sliced ¼ inch thick
½ cup water
1 tsp. instant chicken bouillon granules
1 12-oz. can evaporated skim milk

Hillshire Farm "Rapid Wraps."



COCKTAIL WRAPS. 25 MINUTES.
2 (8 oz.) pkgs. Crescent Roll Doug Separate dough along perforation into 8 triangles; cut each lengthwise into thirds. Makes 48 appetizers.



CORNBREAD WRAPS.
1 (8 oz.) pkg. Cornbread Twist Dough. Separate dough into 16 strips; cut each in half. Makes 32 appetizers.

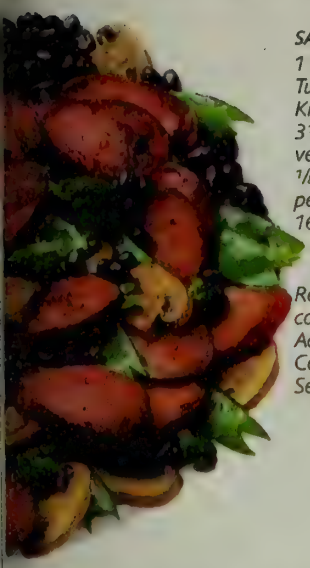
Wrap dough around Hillshire Fa Lit'l Smokies or Wieners and pre ends together to seal. Bake as directed on dough package.

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Hillshire Farm "Chop, Chop."



SAUSAGE STIR-FRY. 20 MINUTES.
1 to 1½ lbs. Hillshire Farm® Turkey Smoked Sausage or Polska Kielbasa, sliced
3¼ cups vegetables
⅛ t. ground red pepper
16 oz. can black beans, drained
Brown sausage in skillet. Remove and drain. In same pan, cook vegetables until tender. Add sausage, pepper and beans. Cook 1 or 2 minutes until warm. Serves 6.



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WINNERS IN THIS ISSUE (pages 139 and 140)

$200 Winners

Rendi A. Hahn, *Grand Prairie, Tex.*
Jennifer Summers, *Fayetteville, Ariz.*

$100 Winners

Maureen Valentine, *Seatac, Wash.*
Arlene Samuelson, *Oelwein, Iowa*

Honor Roll Winners

Each received Rubbermaid Products.
Carolyn M. Abrams, *Dallas, Tex.;* Jeanne Hanley, *Oxnard, Calif.;* Olivia H. Heiman, *Hemphill, Tex.;* Karen Martis, *Merrillville, Ind.;* Rick Snyder, *Neshaminy Valley, Pa.;* Betsy Stiffler, *Hollidaysburg, Pa.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With entry, print your name, address, and recipe marked "October Chili Suppers" or "October Fall Fruit Desserts." Specify brands and recipe origin. **3.** Address recipes to 9210 Food Dept., Better Homes and Gardens, Des Moines, IA 50336. **4.** Postmark entries by March 31, 1992. **5.** Winners are selected 60 days later, then notified. **6.** Entries must be original, and are judged on creativity and taste. **7.** Entries are not returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use name of winner and hometown for editorial and promotional purposes.

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HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Chili Suppers

Round up your best chili recipe. Is it a long-simmering or fix-it-fast chili? Yours may start with a packaged mix, canned soup, or scratch ingredients.

Fall Fruit Desserts

Send us your homespun, fruit dessert recipes (such as pear or apple desserts). Unique fruit pies, crisps, tarts, or dessert sauces could win. Desserts using fresh, frozen, canned, or dried fruit qualify.

Hillshire Farm "Pronto."



SAUSAGE ALFRESCO. 20 MINUTES.
1 to 1½ lbs. Hillshire Farm® Lite, sliced
½ lb. fettuccine
¼ cup butter
¼ cup onions, chopped
1½ cups vegetables
1 cup heavy cream
⅓ cup grated Parmesan cheese
2 T. chopped parsley
Prepare fettuccine; drain. Melt butter in skillet. Add onion; then vegetables; cook until tender. Set aside. Brown sausage and drain. Combine sausage, vegetables, cream. Simmer. Add cheese and parsley. Serve over fettuccine. Serves 6.



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WIN MONEY FOR YOUR RECIPES
See Page 137 For Details

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MARCH YEAST BREADS AND ROLLS

File under Breads
March, 1992



$200 WINNER *Rendi A. Hahn, Grand Prairie, Tex.*

HONEY ANISE BREAD

Aniseed gives this top-notch bread a light licorice flavor—

- **5¼ to 5¾ cups all-purpose flour**
- **2 pkg. active dry yeast**
- **½ cup honey**
- **3 Tbsp. margarine *or* butter**
- **1 tsp. salt**
- **1 cup whole wheat flour**
- **½ cup cracked wheat**
- **3 Tbsp. aniseed, crushed**

In a mixing bowl combine *2 cups* of the all-purpose flour and the yeast. In a saucepan heat honey, margarine, salt, and 2¼ cups *water,* stirring constantly, till mixture is warm (120° to 130°). Add to flour mixture. Beat with an electric mixer on low speed 30 seconds; scraping bowl constantly. Beat on high speed for 3 minutes more. Using a large spoon, stir in whole wheat flour, cracked wheat, and aniseed. Stir in as much of the remaining all-purpose flour as you can. Turn out onto a floured surface. Knead in enough of the remaining all-purpose flour to make a moderately stiff dough (6 to 8 minutes). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (about 45 minutes). Punch dough down. Turn out onto a floured surface; divide in half. Cover; let rest 10 minutes.

Lightly grease two 8x4x2- or 9x5x3-inch loaf pans. Shape each half into a loaf; place into prepared pans. Cover; let rise in a warm place till nearly double (30 to 40 minutes). Bake in a 375° oven 40 to 45 minutes or till bread sounds hollow when lightly tapped. Cover with foil the last 15 minutes of baking to prevent overbrowning, if necessary. Immediately remove from pans. Cool on racks. Makes 2 loaves (32 servings).

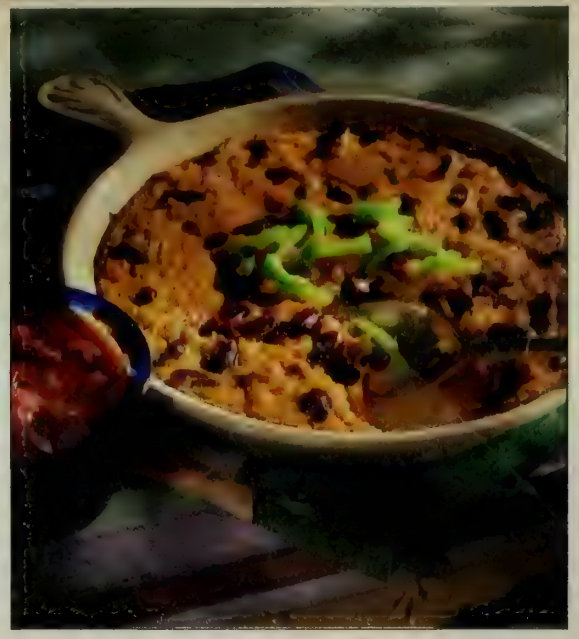
Nutrition information per serving: *115 cal., 1 g fat, 0 mg chol., 3 g pro., 23 g carbo., 81 mg sodium, 1 g fiber. U.S. RDA: 16% thiamine, 14% riboflavin, 10% niacin.*

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BETTER HOMES AND GARDENS
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MARCH MEATLESS MAIN DISHES

File under Pasta, Rice, and Grains
March, 1992



$200 WINNER *Jennifer Summers, Fayetteville, Ariz.*

SOUTH-OF-THE-BORDER PIE

Rice, beans, cheese, and seasonings make up this microwave chili-like pie—

- **1 cup chopped onion**
- **1 Tbsp. olive oil *or* cooking oil**
- **1 to 2 tsp. chili powder**
- **1 tsp. ground cumin**
- **½ tsp. garlic powder**
- **¼ tsp. salt**
- **1 15-oz. can red kidney beans, drained**
- **1½ cups cooked brown rice**
- **1 cup shredded cheddar cheese**
- **¾ cup milk**
- **2 beaten eggs**

In a saucepan cook onion in hot oil till tender. Stir in chili powder, cumin, garlic powder, and salt. Cook 1 minute more. Cool. Stir in beans, rice, cheese, milk, and eggs. Spray a 10-inch microwave-safe pie plate with *nonstick spray coating;* add rice mixture.

Micro-cook, uncovered, on 50% power (medium) for 22 to 24 minutes or till center is just set, giving dish a quarter turn twice. (Or, bake, uncovered, in a 350° oven about 25 minutes or till center is just set.) Let stand 10 minutes. Garnish with chopped *green sweet pepper* and serve with *salsa,* if desired. Makes 6 servings.

Nutrition information per serving: *257 cal., 12 g fat, 93 mg chol., 14 g pro., 27 g carbo., 366 mg sodium, 5 g fiber. U.S. RDA: 27% calcium, 11% iron.*




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MARCH MEATLESS MAIN DISHES

File under Pasta, Rice, and Grains
March, 1992



$100 WINNER *Maureen Valentine, Seatac, Wash.*

MIDEASTERN CASHEW SALAD PITAS

Crunchy cashews, cucumber, sweet pepper, and a curry-yogurt sauce make up this winning sandwich—

- **1 8-oz. carton plain yogurt**
- **1 to 2 Tbsp. snipped fresh cilantro *or* parsley**
- **¼ tsp. curry powder**
- **1 cup dry roasted cashews**
- **1 cup chopped cucumber**
- **1 cup chopped red *and/or* green sweet pepper**
- **½ cup chopped red onion**
- **4 pita bread rounds, split**

In medium mixing bowl stir together yogurt, cilantro or parsley, and curry powder. Stir in cashews, cucumber, sweet pepper, and red onion. Spoon evenly into split pita rounds. Makes 4 servings.

***Note:** To tote this sandwich for lunch, pack the cashew salad in an airtight container. Place container in an insulated lunch box with a frozen ice pack. (Cashew salad will hold for up to 6 hours.) Spoon the salad into the pita just before eating.

***Nutrition information per serving:** 345 cal., 17 g fat, 3 mg chol., 13 g pro., 38 g carbo., 262 mg sodium, 4 g fiber. U.S. RDA: 20% calcium, 19% iron, 65% vit. C, 34% thiamine, 21% riboflavin, 15% niacin.*

Buying information, page 107.

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

MARCH YEAST BREADS AND ROLLS

File under Breads
March, 1992



$100 WINNER *Arlene Samuelson, Oelwein, Iowa*

WHEAT SWIRL BREAD

If you like larger loaves, you can make this honey-sweet bread in four 8x4x2-inch pans—

- **4½ to 5 cups all-purpose flour**
- **2 pkg. active dry yeast**
- **2 cups milk**
- **½ cup honey**
- **¼ cup margarine *or* butter**
- **1 egg**
- **1 cup whole wheat flour**
- **½ cup rye flour**
- **½ cup toasted wheat germ**
- **¼ cup margarine or butter, softened**
- **⅔ cup packed brown sugar**

In a mixer bowl combine *2 cups* of the all-purpose flour and the yeast. Heat milk, honey, ¼ cup margarine, and 1 teaspoon *salt* till warm (120° to 130°). Add to flour mixture; add egg. Beat with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high 3 minutes. Stir in wheat and rye flours, wheat germ, and as much remaining all-purpose flour as you can. Turn out onto a floured surface. Knead in enough all-purpose flour to make a moderately stiff dough (6 to 8 minutes). Place into a greased bowl. Cover; let rise in a warm place till nearly double (1¼ hours).

Punch dough down. Turn out onto a floured surface; divide in half. Cover; let rest 10 minutes. Roll *each* half to a 15-inch square. Spread with softened margarine; sprinkle with brown sugar. Roll up jelly-roll style; cut into thirds. Seal ends; place into *six* greased 5½x3x2-inch pans. Cover; let rise in a warm place till double (about 45 minutes). Bake in a 350° oven about 30 minutes or till loaves sound hollow when tapped. Remove from pans. Makes 6 small loaves (48 servings).

***Nutrition information per serving:** 98 cal., 2 g fat, 5 mg chol., 3 g pro., 19 g carbo., 19 mg sodium, 1 g fiber. U.S. RDA: 12% thiamine*



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TO ENTER: Complete official entry form, or print your name and complete address on a 3" x 5" card. Cut and attach one brand name from any of the participating brand names shown here featured in your local grocer's National Frozen Food Month advertisements. You may write the words, "Follow The Leaders" if you cannot find an advertisement. Mail to: Follow The Leaders, P.O. Box 8192, Grand Rapids, MN 55745-8192. Enter as often as you like. Only one entry per envelope. Entries must be received by 4/15/92. No mechanical reproductions accepted. Not responsible for late, lost, misdirected, postage due entries. Odds of winning based on number of entries received. Winners selected at random on or about May 1, 1992 by Marden-Kane, Inc., whose decisions are final. PRIZES: (1) Grand Prize: A 6-day/5-night trip for 4 persons to Hawaii. Includes round-trip coach class air transportation from the major airport nearest the winner's home in the contiguous United States to Hawaii on American Airlines or American Eagle, deluxe double occupancy hotel accommodations at the Maui Marriott, rental car, plus $5,000 cash. Estimated value of vacation package, $10,000. (5) First Prizes: An 8mm Sony Video Camcorder. Retail value, $1,500 each prize. (10) Second Prizes: A Queen Size Down Comforter. Retail value, $350 each prize. (25) Third Prizes: A Toshiba Microwave Oven and Corning Cookware Set. Retail value, $300 each prize. (20,000) Bonus Packs: A valuable bonus pack featuring money-saving offers from select participating national brands. Approximate money-saving value, $9 each. Winners will be notified by mail. Open to all U.S. residents except employees, and families of sponsoring companies, and anyone associated with this sweepstakes. For a complete copy of official rules, send a stamped, self-addressed envelope to (VT & WA residents may omit return postage): Follow The Leaders Rules, P.O. Box 674, Sayreville, NJ 08871. For a list of major winners available after 5/1/92, send a stamped, self-addressed envelope to: Follow The Leaders Winners, P.O. Box 711, Sayreville, NJ 08871. Void where prohibited.

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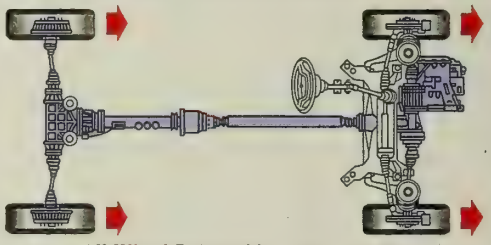
The Hamilton Collection 4810 Executive Park Ct., P.O. Box 44051, Jacksonville, FL 32231-4051

It was engin parental

When we created the latest Dodge Caravan, we had more than a few parents looking over our shoulders. But we didn't mind. Because it was an understanding of parents' needs that led us to build the *original* minivan. And over the years, they've helped us make it even better.

Take safety, for example. We took the concerns of parents to heart and, as a result, Caravan offers a combination of available safety features no other minivan can match.

We introduced the first minivan driver's airbag.* We made rear seat shoulder harnesses and a child protection sliding door lock standard. And we made Caravan available with four-wheel anti-lock brakes.



All-Wheel Drive adds greater security.

Recently we came up with an all-wheel drive model that provides even greater security. It automatically adjusts for driving conditions by shifting more torque to the rear wheels when it's needed. You don't have to do anything.

And this year, Dodge Caravan offers something unique: the first available built-in child seats.

Designed for toddlers weighing 20 to 40 pounds, these two seats are easily accessible and have five-point harnesses that are simple to adjust. The seat directly behind the driver can even serve as a booster seat for an older child. And when they aren't in use, they conveniently disappear

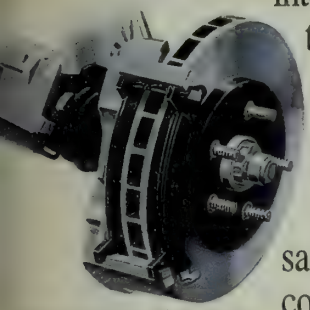


Caravan offers the first built-in child seats.



More people come back to Caravan than any other minivan on the road.

eered under supervision.



Four-wheel anti-lock brakes are available.

into a bench seat that comfortably accommodates two adults.

Of course, safety is a main concern but it isn't the only one.



First with minivan driver's airbag.

not only America's favorite minivan, it has the greatest number of repeat purchases.††

But we readily admit that we couldn't have gotten here without a little parental guidance.

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Today, we're proud to say that Caravan is

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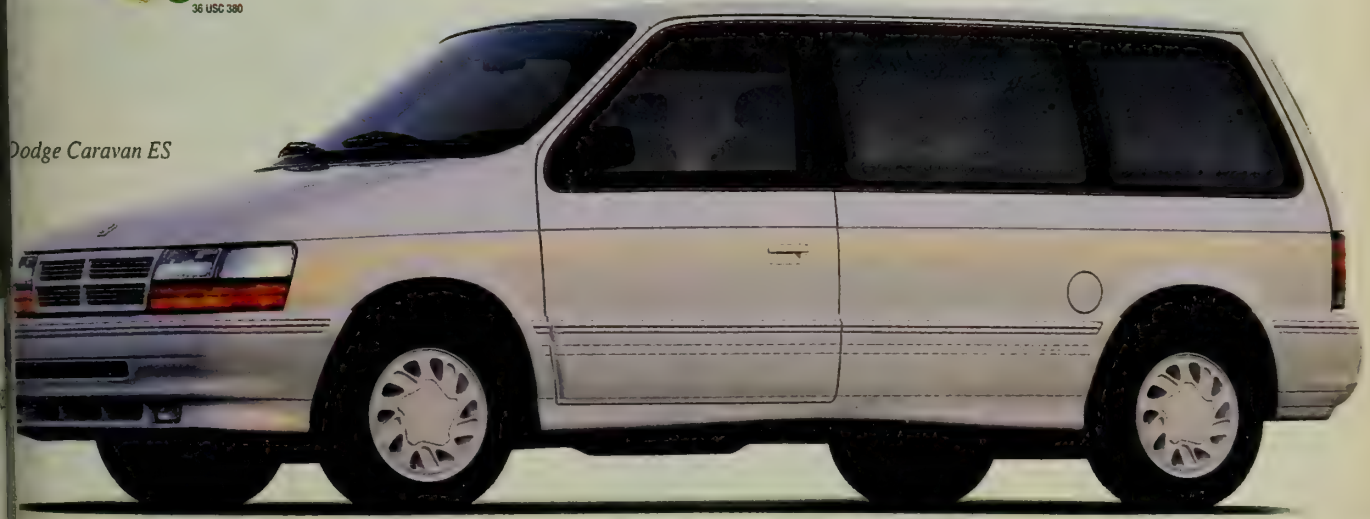
Advantage: Dodge

Dodge

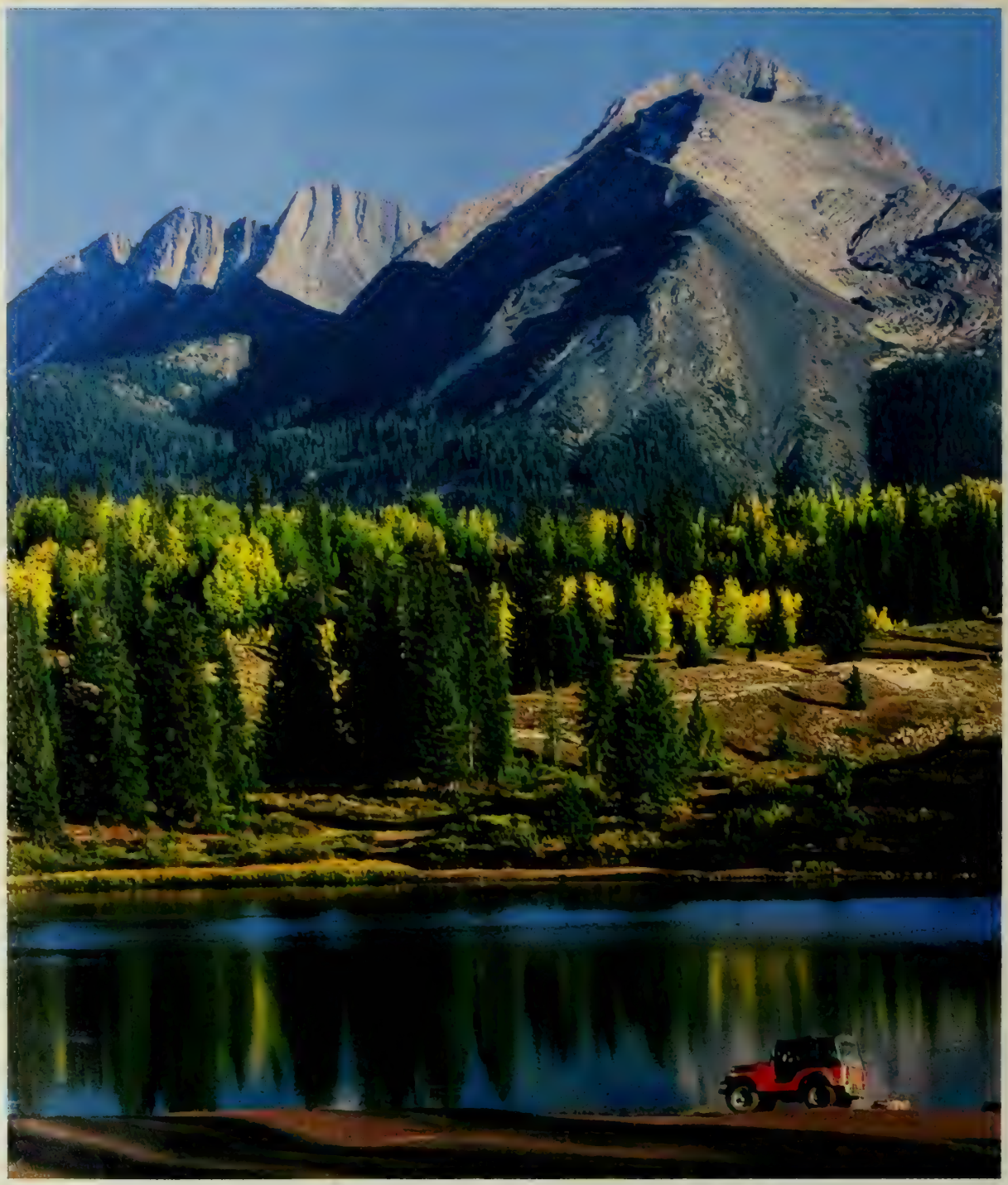
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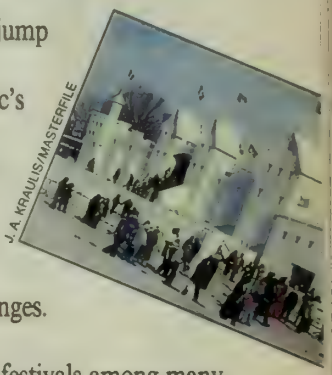
FESTIVALS

NORTH OF THE BORDER



TOURISM HALIFAX

Canadians know how to throw a party, and you're invited. Join cowpokes from around the world as they mosey into town at Calgary's Stampede each July. Or, jump into the fun at Quebec's winter carnival in February, when spirits soar as the temperature plunges. Those are just two great festivals among many celebrations throughout the year.



J.A. KRAULIS/MASTERFILE

Sample other Canadian get-togethers as well: a children's jamboree in Vancouver, a Scottish fling in Nova Scotia, and Toronto's battle of the bang—a spectacular fireworks competition. Reserve accommodations early for your visit to these popular gatherings.

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J.A. KRAULIS/MASTERFILE

All festival dates are for 1992. Prices are cited in U.S. dollars, based on the Canadian exchange rate at press time.

CALGARY'S STUPENDOUS STAMPEDE

To relive the thrills of the Wild West, go to Calgary for its Stampede, when this metropolis at the rim of the Canadian Rockies turns back the clock to its cowtown beginnings. For an exuberant 10 days in early July, city duds are supplanted by cowpoke hats and boots.

Yippees echo from the glass facades of high rises. Street cleaners sweep up after prancing steeds. Stampede fever overwhelms just about everybody, Calgarians and vacationers alike, among them multitudes of visitors from foreign countries. No wonder, for the annual Calgary Exhibition and Stampede embodies not only the West as it once was but what the whole world has always dreamed it to be.

A parade to end all parades. The shindig starts Friday morning, July 3, with a parade that preempts most of downtown. Some 800 horses, from cow ponies carrying sequined rodeo queens to Clydesdales pulling floats, clip-clop through the downtown canyons. The famed Mounted Police clatter past with disciplined precision. Indians in ceremonial headgear and buffalo robes peer down benignly on the crowds. Dozens of school bands strut behind high-stepping majorettes. Clowns douse spectators with squirt bottles. It's big-time and yet down-home—a rousing, North American show.



SHERMAN HINES/MASTERFILE

The chuck wagon races are a Stampede highlight.

Rodeo roundup. That afternoon, in the Stampede Park arena, the world's top cowboys enter the first rounds of the festival-long rodeo. They fly high on bellicose bulls and bucking broncs, rope calves, milk wild cows, wrestle steers, and chase and mount wild horses.

The most breathtaking competition, the chuck wagon races, takes off at dusk. In an incredible performance rarely seen elsewhere nowadays, four teams at a time—a quartet of outriders and a driver per team of four horses—toss stove, tent pegs, and other gear into their wagons, then screech around barrels and thunder off in clouds of kicked-up dirt.

After the races, a grandstand show features a cast of some 130 dancers and singers—a potpourri of Broadway musical, old-fashioned melodrama, and Las Vegas cabaret. Fireworks cap the nightly performance.

But the festivities are far from over. The amusement rides and midway entertainment in Stampede Park continue full blast: thrill rides, games of skill and chance, a dance pavilion, sideshows, and a real-money casino.

What it costs. Daily admission to Stampede Park runs about $6.50; ages 13–17, $5.75; 7–12, $3. Rodeo seats range from $12.75 to $27; evening chuck wagon races and stage show, $13–$28; midway rides and shows, $3–$5 each.

Hotels and motels average $60–$107 a day during Stampede Week. Kids under 16 or 18 usually share your room without extra charge.

Klondike Days and more. Your best vacation bet is to hit the Stampede during its first couple of days, to see the parade. Then tour the spectacular Canadian Rockies around Banff and Jasper, until it's time to go to Edmonton, north of Calgary, for the opening of Klondike Days, July 16–25.

This celebration of Edmonton's origin is quite different from the Stampede. There's an elaborate turn-of-the-century costume parade, a Klondike melodrama, cancan and vaudeville shows, gold panning, and a bathtub race.

Calgary Convention & Visitors Bureau, Dept. BHG, 237 8th Ave., SE, Calgary, AB, Canada T2G 0K8; 800/661-1678. Klondike Days: *Edmonton Tourism, 104, 9797 Jasper Ave., Dept. BHG, Edmonton, AB, Canada T5J 1N9; 403/422-5505.*

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Pancakes bubble and bacon sizzles in vast quantities at free cowpoke breakfasts held outdoors all over Calgary throughout the Stampede. Among your best bets for dinner are restaurants in Chinatown.



Animals show their stuff in races at Stampede Park. Piglets, adorned with gaudy bandannas, go hog wild in a display of speed. In another kooky contest, ducks skid down a slide. You'll also see amazing "Super Dogs" dash through an obstacle course of ladders, fences, hoops, and tubes.



ILLUSTRATIONS: DELOR ERICKSON, STUDIO WEST

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WINTER FETE

WITH FRENCH ZEST



A jovial snowman, Bonhomme Carnaval, is the mascot of Quebec City's winter fete. Super-size, he leads the parade. Small effigies dangle from many celebrants' lapels.

Among Carnaval events is a tough canoe race through the ice floes of the wide St. Lawrence River. Less thrilling but more chilling is a



show where young folks strip down to bathing suits and cavort in the snow.

Leave it to folks of Gallic temperament. No other festival in North America, let alone in frigid weather, matches the frenzy of the 107-year-old Carnaval de Quebec, French Canada's version of the Mardi Gras. Spanning the first two weekends in February, the jubilations reach their wildest pitch on the second weekend—the best time to join the fun.

That Saturday, February 15, countless thousands of bundled-up celebrants jam the cobblestone streets of Quebec's historic, walled Old City, the only fortified metropolis on our continent. By the time darkness falls, they are stacked deep along the route of a boisterous night parade, sipping "caribou juice" from hollow red Carnaval canes for inner warmth. It's a mix of grain alcohol and wine.

The snowman cometh. The mascot of the fete, Bonhomme Carnaval, a plastic snowman of king-size dimensions, leads the two-hour parade. Behind the grinning mascot's floodlit float, monster-masked marchers cast weird shadows on the snow. A symphony of bands shakes the icy air. Then the sky bursts with fireworks, setting the snowscape aglitter. Cascades of sparks streak over the festival's elaborate Ice Palace, a fairy-tale castle shining with colored lights from within, which lords it over Place Carnaval at the Old City gate.

Dancing in the snow. Loudspeakers boom heavy metal. You can hear the beat for miles. But no matter—nobody sleeps that night. Everybody dances, bathed in the Ice Palace's magic glow. Place Carnaval is so packed, the dancers seem to move as one, a pulsing mass ringed by towering ice sculptures. Above the sculptures, figures frolic atop the Old City's fortress wall, hugging and rocking to the beat, slipping and slithering in the deep snow, risking precarious tumbles. The blast lasts into the small hours. After the music stops, you still hear shrieks and laughter until almost dawn.

Are these nighttime activities appropriate for small fry? Probably not, if for no other reason than that most children soon feel miserable in such cold. Of course, you can take them to your hotel after the fireworks.

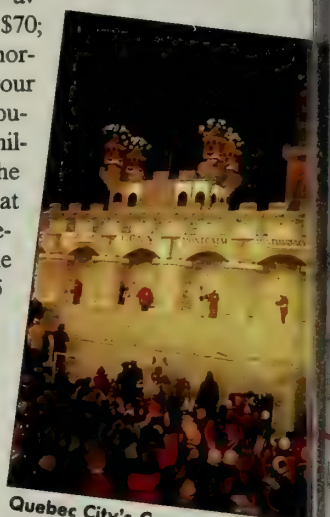
During daylight hours, though, there are lots of things that the whole family can enjoy, including, on the closing weekend, a mini-parade of cartoon characters on Saturday afternoon, a family breakfast on Sunday where children meet Bonhomme Carnaval, plus peewee hockey and lumberjack woodcutting contests.

Across the street from Place Carnaval is the Place des Enfants, the festival's domain for kids, with snow slides, a snow-sculpture contest, acrobats, games, clowns, and magicians.

What it costs. All the big outdoor affairs are free, including a sumptuous western breakfast of steaming pancakes and bacon served on a public plaza the last Saturday by Calgary Stampede Boosters (see *page 150*).

If you buy Bonhomme effigies (about $2.50) for your lapels, most indoor events, such as dances and costume parties, are also free, or you pay only a nominal charge for the activities.

Motel doubles average around $70; kids under 12 normally share your room for free. Couples without children often find the best bargains at small, antique-filled inns in the Old City, $50–$75 a night for two.



Quebec City's Carnaval de Quebec features intricate ice sculptures.

The Old City abounds with excellent small restaurants, among them Aux Anciens Canadiens, in one of our continent's oldest houses, built in 1675–76. Lunch for two averages around $20–$30.

Quebec Tourism & Convention Bureau, 60 rue d'Auteuil, Quebec City, PO Canada G1R 4C4; 418/692-2471.

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TRAVEL CANADA

Vancouver, British Columbia
WONDERWORLD FOR KIDS

Youngsters relish their own week-long festival in this sparkling city between the mountains and the sea—a happy melee of thousands of children amidst a colony of circuslike candy-striped tents in a waterside park.

There, to enchant the youngsters from midmorning to dinnertime, are jugglers, storytellers, dancers, puppeteers, troubadours, and clowns. Kids can get their faces painted, try their luck at tightrope walking, learn how to build kites, explore a papier-mâché zoo, join exuberant sing-alongs, and—for once without being admonished not to make so much noise—beat drums and other percussion instruments to accompany the music. This year's festival runs May 25–31. Performance tickets cost about $5.

Vancouver Children's Festival, Suite 302, 601 Cambie St., Dept. BHG, Vancouver, BC, Canada V6B 2P1; 604/687-7697. Travel information: ***Vancouver Travel Infocentre, 1055 Dunsmuir St., Dept. BHG, Vancouver, BC, Canada V7X 1L3; 604/683-2000.***

Regina, Saskatchewan
COUNTRY MUSIC BLOWOUT

For 361 days a year, Craven is a sleepy village in a pretty valley near Regina. But from July 9 through 12, Craven's population swells to around 50,000—a boomtown of country-music fans. They swarm here from as far away as Europe to listen, stomp, and dance as 36 artists and groups, among them a slew of headliners, perform in a huge outdoor arena that's used only for this Big Valley Country Music Jamboree. Seats are first-come, first-served, but many fans bring lawn chairs so they can crowd closer to the stage. Couples whirl around the audience in every open space.

As if these concerts (from late morning to almost midnight) weren't enough, the Jamboree grounds also harbor two beer gardens, each with its own artists and a dance floor for 1,000. A country-fair amusement park adds to the festive mood.

You have your pick of three campgrounds: one for partying, a quiet one with curfew, and one in between. Camping is included in the Thursday-through-Sunday pass, which costs $48 if bought before June, or $65 at the gate; one day tickets, $27. Kids under 13 pay $5.

Big Valley Jamboree, Dept. BHG, Box 200, Regina, SK, Canada S4P 2Z6; 800/667-7899. Travel information: ***Saskatchewan Tourism, 1919 Saskatchewan Dr., Regina, SK, Canada S4P 3V7; 800-667-7191.***

Winnipeg, Manitoba
90 ACRES OF FOLK MUSIC

The woods and glades of a provincial park on this prairie city's outskirts are bathed in melodies for a long weekend July 9–12, when folk musicians jam and put on concerts at the annual Winnipeg Folk Festival.

During the day, groups and individual instrumentalists play and hold workshops on 10 stages, in tents, and



under canopies. One stage echoes with the twang of country fiddles and the beat of cloggers' shoes. From another, harmonicas wail the blues. Elsewhere, you might hear the cry of gospel or the pipe of Celtic ballads. One area is set aside for children's entertainment; another, for handmade crafts.

Evenings, everybody spreads blankets around the main outdoor stage to listen while as many as a dozen artists and ensembles hold concerts. After that, far into the small hours, the music continues in two of the park's campgrounds, where many members of the audience tote their own instruments. But there's a third, quiet campground for folks who'd rather sleep. Or you can stay in a motel in town.

Daily tickets cost $21; Friday–Sunday passes, $47; under 13, free.

Winnipeg Folk Festival, 264 Tache Ave., Dept. BHG, Winnipeg, MB, Canada R2H 1Z9; 204/231-0096. Visitor information: ***Travel Manitoba, 700, 155 Carlton St., Dept. BHG, Winnipeg, Manitoba, Canada R3C 3H8; 800/665-0040.***

Toronto, Ontario

FIREWORKS EXTRAVAGANZA

For the most wondrous fireworks you are likely to see in your life, come to Toronto in late June or early July. That's when manufacturers of pyrotechnics from all over the world vie for prestigious trophies at Ontario Place, the city's great amusement park on the shore of Lake Ontario.

Magnitude and virtuosity aside, what makes this Symphony of Fire especially thrilling is that it is set to music, from classical to Caribbean, with a bang for every beat, and showers of stars for every bar. An elaborate sound system broadcasts the music all over the park. You spread a blanket, unpack your picnic, and hunker down on a lawn overlooking the lake.

The fireworks always blast off at 10 p.m. on Wednesdays and Saturdays. This year's dates are June 27, and July 1, 4, 8, and 11. Before and after the dazzling displays, you enjoy the shows regularly offered at Ontario Place ($7; kids under 12, $3). There's no extra charge for the fireworks.

Symphony of Fire, 1500 Don Mills Rd., Dept. BHG, North York, ON, Canada M3B 3L1; 416/442-3667.



Niagara-on-the-Lake, Ontario

THEATER GALORE

The main street of Niagara-on-the-Lake teems with theatergoers from late spring into fall as three stages present the Shaw Festival—a plethora of plays, from Shaw's dramatic works to musicals by the likes of Rodgers and

continued on page 156



Hart. The theaters, within pleasant strolling distance of one another, put on matinees as well as evening shows daily except Mondays. You can often find lunchtime performances of one-act plays. Individual ticket prices run $8.50–$42.

Niagara-on-the-Lake, less than half an hour by car from Niagara Falls, abounds with shops, galleries, restaurants, country hotels, and bed-and-breakfasts—some in historical homes and three right on the lakeshore. On an all-out theater binge, you could take in as many as five different offerings here in two days, and then drive three hours across the province to the prestigious Stratford Festival for yet more professional theater, always including at least one Shakespeare play.

Shaw Festival, Dept. BHG, Box 774, Niagara-on-the-Lake, ON, Canada L0S 1J0; 416/468-2172. Travel information: *Chamber of Commerce, Dept. BHG, Box 1043, Niagara-on-the-Lake, ON, Canada L0S 1J0; 416/468-4263.*

Montreal, Quebec

WORLD'S BIGGEST JAZZ BLAST

The heart of Montreal's downtown turns into a huge music hall for its International Jazz Festival, July 1–12. Jazz of every kind blares from eight outdoor stages in a maze of streets that are barred to traffic for 12 days. Big-name entertainers woo fans with a musical smorgasbord of traditional jazz, blues, African beat, bebop, avant-garde, and calypso.



JEAN-FRANCOIS LEBLANC

Montreal wails with jazz for nearly two weeks each July.

Amid the rapt audience of thousands, sidewalk performers provide impromptu entertainment. Food stands sustain the hungry. Chairs await the tired. For the final gala, an immense inflatable roof transforms a whole block into an amphitheater. The outdoor concerts are free.

There are indoor concerts on most days as well, with ticket prices ranging from $12 to $34, and a jazz-film series with several shows a day.

International Jazz Festival, 355 Ste. Catherine St., W, Dept. BHG, Bureau 700, Montreal, PQ, Canada H3B 1A5; 514/289-9472. Tickets: *800/678-5440.* Travel information: *Greater Montreal TCB, 1555 Peel St., Dept. BHG, Bureau 600, Montreal, PQ, Canada H3A 1X6; 800/363-7777.*

Saint John, New Brunswick

FUN ON EVERY CORNER

This picturesque old Victorian port, less than two hours by car from the Maine border, echoes with music and laughter for 10 days in midsummer. August 7–16, talented dance groups and singers from all over Canada perform practically nonstop from noon to dusk on small street stages around the harbor. Then, every night at 9, the curtain rises for gala shows—folk, jazz, ethnic, and rock—on a sound-and-light stage in a downtown plaza.

The last weekend of this come-as-you-are merrymaking, August 15 and 16, there's a children's festival as well, a jamboree of puppeteers, clowns, face-painters, storytellers, and musicians in a nearby park.

Afternoon performances are free. Evening tickets run $7–$11; kids' festival, $1.

Festival by the Sea, Dept. BHG, P.O. Box 6848, Stn. A, Saint John, NB, Canada E2L 4S3; 506/632-0086. Information: *Dept. of Supply & Services, BHG, Box 6000, Fredericton, NB, Canada E3B 5H1; 800/561-0123.*

Antigonish, Nova Scotia

HIGHLAND FUN AND GAMES

Kilts aswirl and bagpipes skirling, the Scottish clans of the New World strut their highland heritage every July in the port town of Antigonish, 140 miles northeast of Halifax. It's a most appropriate location, for in this colorful community near Cape Breton, most folks still cling to their ancestral accents and customs.

The air trembles as more than 350 pipers and drummers mass on the athletic field to overture its Highland Games, the oldest outside Scotland. The competition was initiated in 1863. Between rousing tattoos, there are Scotland's traditional field-and-track events and feats of speed and strength. Contestants compete in everything from footraces to tossing cabers—heavy wooden telephone poles that most mortals would have a tough time just budging. You'll enjoy displays of exuberant grace as well: jigs and highland flings and other Gaelic dances.

The International Gathering of the Clans and Antigonish Highland Games will be July 4–12 this year, but the first few days are not particularly interesting for outsiders. Plan to come starting Friday, the 10th. A $17 pass admits you to all events.

Highland Society, 274 Main St., Dept. BHG, Antigonish, NS, Canada B2G 2C4; 902/863-4275. Local tourist information: *Antigonish Chamber of Commerce, Dept. BHG, Box 2626, Antigonish, NS, Canada B2G 2L5; 902/863-4921.*

Halifax, Nova Scotia

CLOWNS TO FIRE-EATERS



Every sidewalk and patch of park is a stage when street entertainers from around the world gather on the Halifax waterfront for the 11-day BuskerFest, August 6–16. Jugglers and acrobats of all kinds perch on props like unicycles and stilts. Contortionists twist their faces to look like sci-fi creatures, while fire-eaters, escape artists, magicians, and clowns enthrall audiences with their virtuosity.

Heckling their audiences, and heckled in turn, the performers put on continuous shows at noon and again in the evenings. Come early enough and you claim a front-row seat—squatting on the pavement or the curb in front of the entertainers' individual stands.

You don't buy tickets for these performances. Street entertainers, or buskers, as they are called in Britain where theirs is a time-honored art, make their living passing the hat.

Buskers International, Dept. BHG, 1652 Barrington St., Halifax, NS, Canada B3J 2A2; 902/425-4329. General Nova Scotia travel information: *Nova Scotia Information Center, 136 Commercial St., Dept. BHG, Portland, ME 04101; 800/341-6096.*

TRAVEL WEST

HAPPENINGS NEAR YOU

Sailing the ocean blue. One of the more spectacular of the quincentenary celebrations in honor of Columbus' arrival in the New World will be The Discovery Ships, sponsored by the Spain '92 Foundation. Replicas of Columbus' vessels, the *Pinta,* the *Niña,* and the *Santa Maria,* built and owned by Spain, departed Cadiz, Spain, on October 12, 1991. They are retracing the route taken by the explorer on his first voyage in 1492. After a stay in the Caribbean, the crafts began their 1992 North American tour, visiting cities along the East Coast of the U.S.

The ships will spend a week or more in each major port and may



SPAIN '92 FOUNDATION

Replicas of the *Santa Maria, Pinta,* and *Niña* re-create Columbus' historic voyage.

make brief stopovers in other cities along the way. Educational and cultural exhibits plus entertainment will accompany the ships. Most of the cities plan their own celebrations with such activities as fireworks, parades, concerts, and art exhibits.

Here's the schedule for western cities, with approximate arrival dates:

San Diego September 1
Los Angeles September 15
San Francisco October 9

continued on page G2

TRAVEL PLANNING

See *page G3* for a listing of free travel information and literature you can order.

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

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Nevada Commission On Tourism, P.O. Box 30032, Reno, NV 89520

continued from page G1

Contact visitors and convention offices or ***Spain '92 Foundation, 1821 Jefferson Pl., NW, Dept. BHG, Washington, DC 20036; 202/775-1992.***

Blade runners. The Men's World Cup Speed Skating Finals take place at the U.S. High Altitude Sports Center in Butte, Montana. The competition, March 27 and 28, draws Olympic skaters from around the world, including medal winners from the just-completed Winter Olympics in France. ***Dept. BHG, P.O. Box 3208, Butte, MT 59702-3208; 406/723-7060.***

Plumes galore. At the turn of the century, Chandler, Arizona, was known for its ostrich farms. With ostrich feathers out of fashion these days, the town imports the birds for its Chandler Ostrich Festival, March 12–15. The celebration highlights the great flightless creatures in all manner of races. Some ostrichs draw chariots. Some carry riders bareback. A petting zoo, music, and carnival round out the weekend. ***218 N. Arizona Ave., Dept. BHG, Chandler, AZ 85224; 602/963-4571.***



LLOYD BISHOP PHOTOGRAPHY/BISHOP & BISHOP

Colorado offers a wealth of diversions, including llama trekking. The state's free guides help with vacation planning. Spokane's sports show teaches you how to pack a llama.

Sporting pleasure. Calling itself "The Greatest Outdoor Show Indoors," the Bighorn Sports and Recreation Show runs March 27 and 28. In its 33rd year, the event fills seven buildings of the Spokane Interstate Fairgrounds with exhibits for hunters, anglers, campers, hikers, mountain climbers, and other sports enthusiasts. Seminars and clinics will show you how to do everything from packing a llama to planning a fishing trip to Alaska. An indoor lake serves as this year's big attraction. It isn't often that you can try your hand at catching fish away from Mother Nature's caprices. ***10405 Newport Hwy., Dept. BHG, Spokane, WA 99218; 509/467-4505.***

Great guides. If a mountain vacation in Colorado sounds appealing, send for specialty guides to two locations. **Telluride,** in the southwestern quarter of the state, offers a free visitors booklet, which covers lodgings, restaurants, and such activities as horseback riding and mountain climbing. To request the guide and other travel information or to make reservations, contact: ***Dept. BHG, P.O. Box 653, Telluride, CO 81435; 800/525-3455.***

Northwestern Colorado, known for such places as Glenwood Springs, Grand Lake, Grand Junction, Aspen, Steamboat, and Vail, encompasses more than five million acres of national forest and public lands along with state parks and recreation areas. If you're planning to travel there, request a vacation planning packet complete with lists of toll-free numbers for resort communities, a calendar of events, and attractions; ***800/327-8789.***

A free guide to **California's Mendocino Coast** lists recreational attractions, lodgings, vacation rentals, campgrounds, restaurants, and shops. You'll even discover where to find the

continued on page G4



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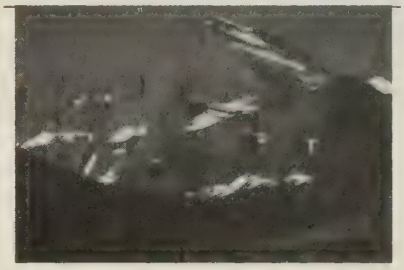
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Blair House, which fans of Angela Lansbury's *Murder, She Wrote* know as her Cabot Cove home. ***Fort Bragg-Mendocino Coast Chamber of Commerce, Dept. BHG, P.O. Box 1141, Fort Bragg, CA 95437; 800/726-2780.***

Doings by the bay. Three big events happen in the Coos Bay/North Bend area of the Oregon coast March 13–15. For starters, there's the South Coast Dixieland Clam Bake Jazz Festival. Don't bring an appetite for clams, though. They're just part of the name. Instead, bring your appetite for Dixieland jazz. Buses shuttle you among the four performance sites. On a different note, the Oregon Dune Mushers Annual Mail Run, a three-day race, sends mushers and their dogs across the Oregon dunes from North Bend to Florence. Finally, you can poke around the Antique and Collectibles Show and Sale in North Bend. ***Bay Area Chamber of Commerce, Dept. BHG, P.O. Box 210, Coos Bay, OR 97420; 800/824-8486.*** BHG

—By Kathryn Black

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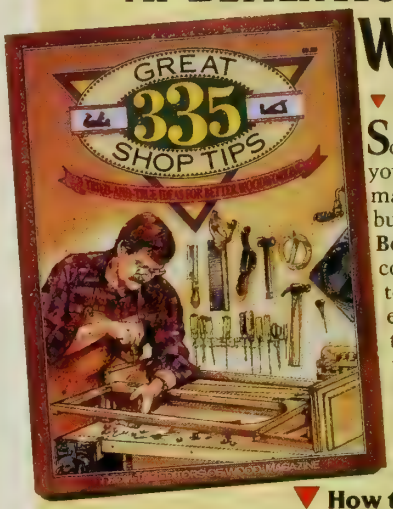
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DECORATING

HOW TO BRIGHTEN YOUR BASEMENT

Have you been avoiding your basement lately? Who wouldn't when that concrete space down under has all the appeal of a dungeon. You can unshackle it from a dull existence—paint is the key.

When considering a basement paint job, the big question is: Will it stick? Many people hesitate to take a brush to their basement walls and floor, fearing that the paint won't adhere to the masonry. And it won't, if you have an unsolved moisture problem. Otherwise, with the right preparation and the right paint products, coating your concrete with color is a great way to give it a fresh outlook—and one that will last.

PREP STEPS

What you do before the paint *goes* on determines how long the paint will *stay* on. Follow these steps:

- Remove any peeling paint with a wire brush, and make all needed masonry repairs.
- Degrease the surface by scrubbing it with detergent and water.
- Neutralize the alkaline in the mortar by applying a mix of one part hydrochloric acid to three parts water. Be sure to wear rubber gloves.
- Rinse everything with water.

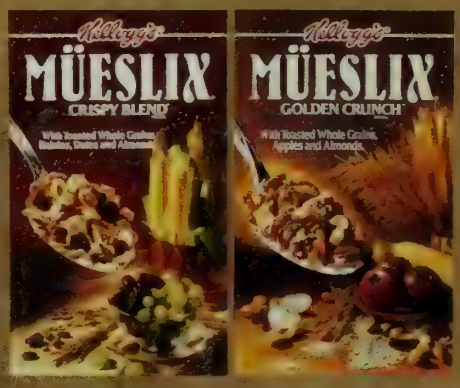
BRUSHING UP

Several types of paint will adhere to masonry. Tough-wearing epoxy paint is the top pick for floors and walls that are washed frequently. Cement paint also works well, unless the walls previously have been painted with another type of finish. Latex paint, the easiest to apply, adheres to foundation walls that are in good shape.

Check with your local paint supplier or hardware dealer to learn what's best for your situation. Apply the paint with a stiff, short-bristle brush or a roller with a long nap.

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Kleenex® Ultra™ tissues are made with the softness of lotion. An oil-free lotion that leaves you with a silky smooth feeling. And with no oily residue, you can even use them to clean your glasses. That makes Kleenex Ultra the ultimate tissue for ultimate comfort.

Kleenex® Ultra™.
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LOOK MA, NO CHIMNEY
Wall-vented fireplaces



COURTESY HEATILATOR, INC

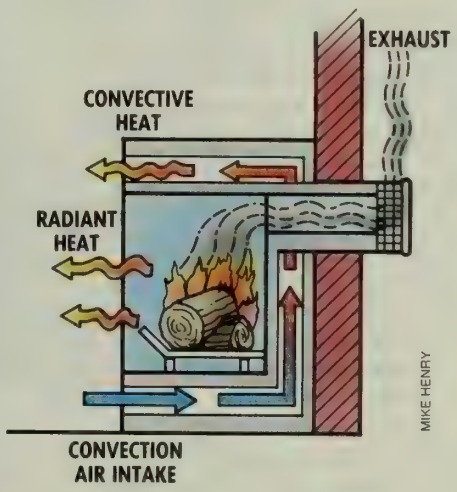
See-through views are possible with a direct-vent fireplace.

The warm romance of a fireplace need not be stopped cold by the hard reality of finding a place to put the chimney. Direct-vent fireplaces send exhaust straight out the wall.

You don't need a flue running through the top of the roof, and you don't need to build a chase to cover up the flue. All you need is an exterior wall and a gas source.

Eliminating the complications of chimney installation opens up a new world of design possibilities. Direct-vent fireplaces can be placed in second-story rooms, in kitchens, baths, and other unusual places. Remodelings are especially well-suited to the simplified installation requirements of direct-vent fireplaces.

The heating efficiency of a direct-vent fireplace is comparable to a small furnace. Energy-efficient features to shop for include: airtight fireboxes, heat-circulating fans, and outside air intake. Heating efficiencies of 70 percent are common. The more efficient your fireplace, the quicker it will pay for itself in terms of reduced energy utility bills.



MIKE HENRY

Direct-vent fireplaces cost from $600 to $1,200, but you won't have to pay for chimney installation which normally runs $25 to $35 a linear foot. Having a gas flame also offers instant on/off control and eliminates the chores and clean-up associated with wood-burning fireplaces.

FREE Shelving Idea Book!

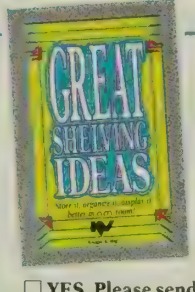




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NIBBLES FROM THE MICROWAVE

Introduce a new hit at your next party with these tasty appetizers. They're a snap to make. Just assemble them ahead of time, then heat for a few minutes in your microwave oven.



SCOTT LITTLE

Make-ahead appetizers that micro-cook in minutes.

COCKTAIL REUBENS

Mix and match your choice of cheese, meat, and toppings for these open-faced mini sandwiches—

- **36 slices party rye *or* pumpernickel rye bread (one 16-oz. pkg.)**
- **6 oz. Monterey Jack cheese with caraway *or* jalapeño peppers**
- **1 8-oz. can (1 cup) sauerkraut, well drained and snipped**
- **8 oz. thinly sliced smoked turkey *or* corned beef**
- **½ cup Thousand Island salad dressing**
- **Whole sweet pickles, halved lengthwise, *or* cherry tomatoes, cut into wedges (optional)**

Arrange 10 slices of bread around the edge of a microwave-safe dinner plate or a 12-inch microwave-safe pizza plate. Place 2 slices of bread in the center of the plate.

Thinly slice cheese to fit bread. Place cheese on bread. Top with about *2 teaspoons* sauerkraut. Top sauerkraut with turkey or corned beef; top with a *scant teaspoon* of dressing. Assemble remaining 24 sandwiches. (Appetizers may be covered and refrigerated at this point until ready to serve, or for up to 2 hours.)

To serve, micro-cook one plate of appetizers, uncovered, on 50% power (medium) for 5 to 6 minutes or till cheese is melted, rotating once during cooking. Repeat with remaining plates of appetizers as needed. Garnish each with pickles or tomatoes, if desired. Makes 36 appetizers.

Nutrition information per serving: *72 cal. (41% from fat), 3 g fat, 8 mg chol., 4 g pro., 7 g carbo., 289 mg sodium.*

SCALLOP KABOBS

After threading the skewers, you can cover and refrigerate them for up to four hours before serving time—

- **24 fresh *or* frozen sea scallops (about 8 oz.) *or* one 8-oz. pkg. frozen lobster-flavored fish (chunk style)**
- **1 8-oz. can pineapple chunks (juice pack)**
- **2 Tbsp. soy sauce**
- **2 Tbsp. dry sherry**
- **1 Tbsp. sliced green onion**
- **1 tsp. sesame oil**
- **¼ tsp. ground ginger**
- **⅛ tsp. garlic powder**
- **24 fresh mushrooms**
- **1 red *and/or* green sweet pepper, cut into 1-inch pieces**
- **1½ tsp. cornstarch**

Thaw scallops or fish, if frozen. Drain pineapple chunks, reserving the juice for marinade. Set pineapple chunks aside.

For marinade, in a nonmetal bowl combine reserved pineapple juice, soy sauce, sherry, onion, sesame oil, ginger, and garlic powder; add scallops and mushrooms. Cover; let stand at room temperature for 30 minutes, stirring occasionally. Remove scallops and mushrooms from marinade with slotted spoon, reserving marinade. Transfer marinade to a microwave-safe measure; stir in cornstarch. (If desired, cover and chill till serving time.)

On twelve 6-inch-long wooden skewers alternately thread *one* scallop or fish chunk, sweet peppers, mushrooms, and pineapple. Place a second scallop or fish chunk on the ends of *each* skewer. Arrange *half* of the kabobs in a 12x7½x2-inch microwave-safe baking dish. (If desired, cover and chill for up to 4 hours.)

For sauce, stir cornstarch mixture. Micro-cook, uncovered, on 100% power (high) for 2 to 3 minutes or till thickened and bubbly, stirring twice.

Brush kabobs with sauce. Cook kabobs, covered, on 100% power (high) 2 to 4 minutes or till scallops are opaque or fish is heated through, giving the dish a half-turn and brushing with the sauce after 2 minutes. Transfer to serving platter. Repeat with remaining kabobs. Makes 12 appetizers.

Nutrition information per serving: *47 cal. (13% from fat), 1 g fat, 6 mg chol., 4 g pro., 6 g carbo., 202 mg sodium.*

S&W. When You Have More To Do Than Dinner.



Nothing makes a hit like pizza, especially when it's our Quick California Pizza that gets you out of the kitchen and back with your family in less than fifteen minutes.



A pre-baked bread shell makes it easy, and S&W Italian Style Stewed Tomatoes give it the authentic, zesty taste of basil, oregano, onion, and garlic. They're the finest canned tomatoes you can buy, farm-ripened and specially selected for quality. Add some grated Romano cheese, heat, and you've got a delicious treat anytime. Try it soon, and taste the difference S&W quality makes.

S&W Quick California Pizza

1 can (14½ oz) S&W Premium Italian Style Stewed Tomatoes

1 Large Boboli® brand or other ready-made bread shell

1 Tbs olive oil

1 can (3 oz) sliced mushrooms (drained)

1 Tbs fresh parsley

⅓ cup Romano cheese, grated

Drain tomatoes and save juice. Add olive oil to reserved tomato juice and brush over the top of bread shell. Arrange tomatoes and mushrooms on top. Sprinkle with parsley and Romano cheese. Bake 10 minutes at 450°.

For free recipes and information about our new recipe video, write S&W Fine Foods, San Ramon, CA 94583-0587.

S&W®

THE BEST. ALL THE TIME.



DOUBLE-DUTY KITCHEN
Two cooks? No problem



PHOTOGRAPHS: STEPHEN CRIDLAND. ARCHITECT: RALPH J. CEREGHINO. REGIONAL EDITOR: CATHY HOWARD

Trying to cook in a cramped kitchen can lead to more body slams than a pro wrestling match. Architect Ralph Cereghino concocted a bright, open, no-impact traffic plan for Fran and Glen Tobey's 86-year-old kitchen.

The tiny kitchen was combined with an equally small breakfast room to open up more design possibilities. Cereghino divided the new room into two cooking corridors with a shared multipurpose cooking island and breakfast bar.

On one side, the cook uses the full sink under the windows. Fran's favorite rabbit figurines perch on the broad window ledge; extra inches to the right of the sink accommodate a counter-level appliance garage. Across the island, the second cook has water rights at the crook-necked bar sink.

The crisp, white custom cabinets, the matching wooden appliance faces, and wood-trimmed counters add polish to the traditional ambience. A peaceful view of the woods beyond the French doors invites the cooks to take a break while things bubble and bake.

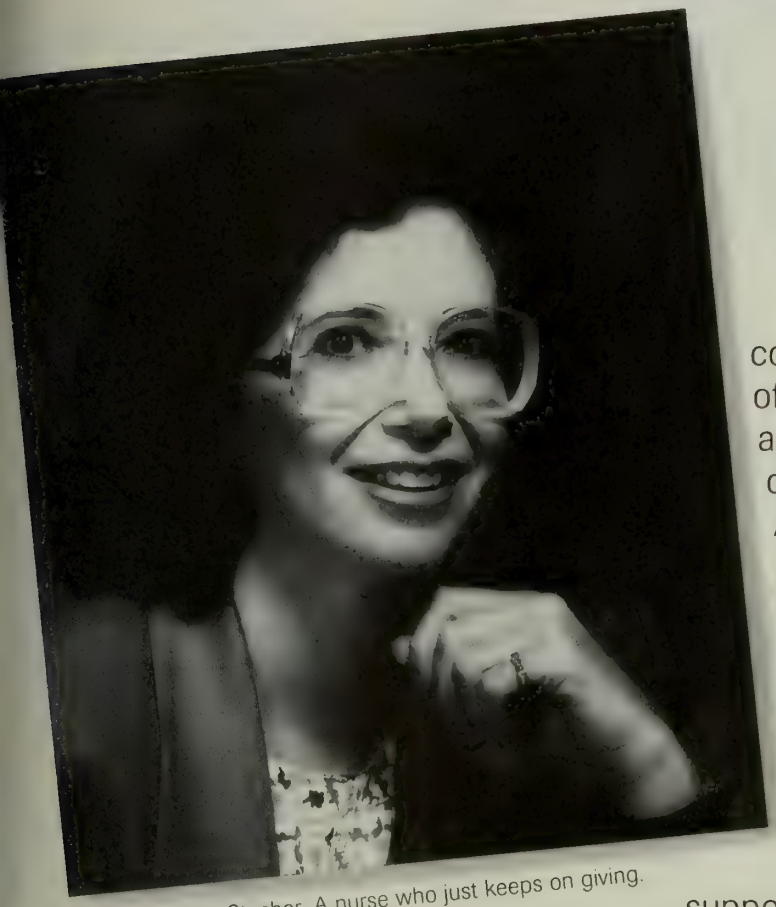




▲ Special touches designed to accommodate two cooks make this a fun kitchen to work in.

◀ Dual chefs won't be dueling chefs, thanks to an extra sink, a shared cooktop island, and well-distributed storage.

EVERY YEAR, A NURSE IN NEW YORK FINDS THE TIME TO CARE FOR OVER 76,000,000 PEOPLE



Jo Stecher. A nurse who just keeps on giving.

She works as an independent medical consultant. She lectures on a variety of clinical subjects to experienced nurses nationwide. She's even travelled abroad as an invited delegate by China's medical association.

So where does Jo Stecher—who's also a full-time nurse at a New York City hospital—get the energy to volunteer free time to City of Hope, a renowned medical and research center in California?

From her heart.

Because while Jo remains encouraged by our increasing number of medical breakthroughs in the fight against cancer, she's alarmed by another growing number: over 76 million Americans will be diagnosed with cancer during their lifetime.

So today, Jo serves as president of A Santé East: a City of Hope chapter comprised exclusively of young professionals.

Together, they host numerous fund-raising events and raise thousands of dollars. Donations that support our national medical center in its care and treatment of cancer patients, and fund extensive research efforts to find cures for life-threatening diseases.

More and more people are choosing to give us their time to help those whose time is running out. Please join them. Call 1-800-835-5504.

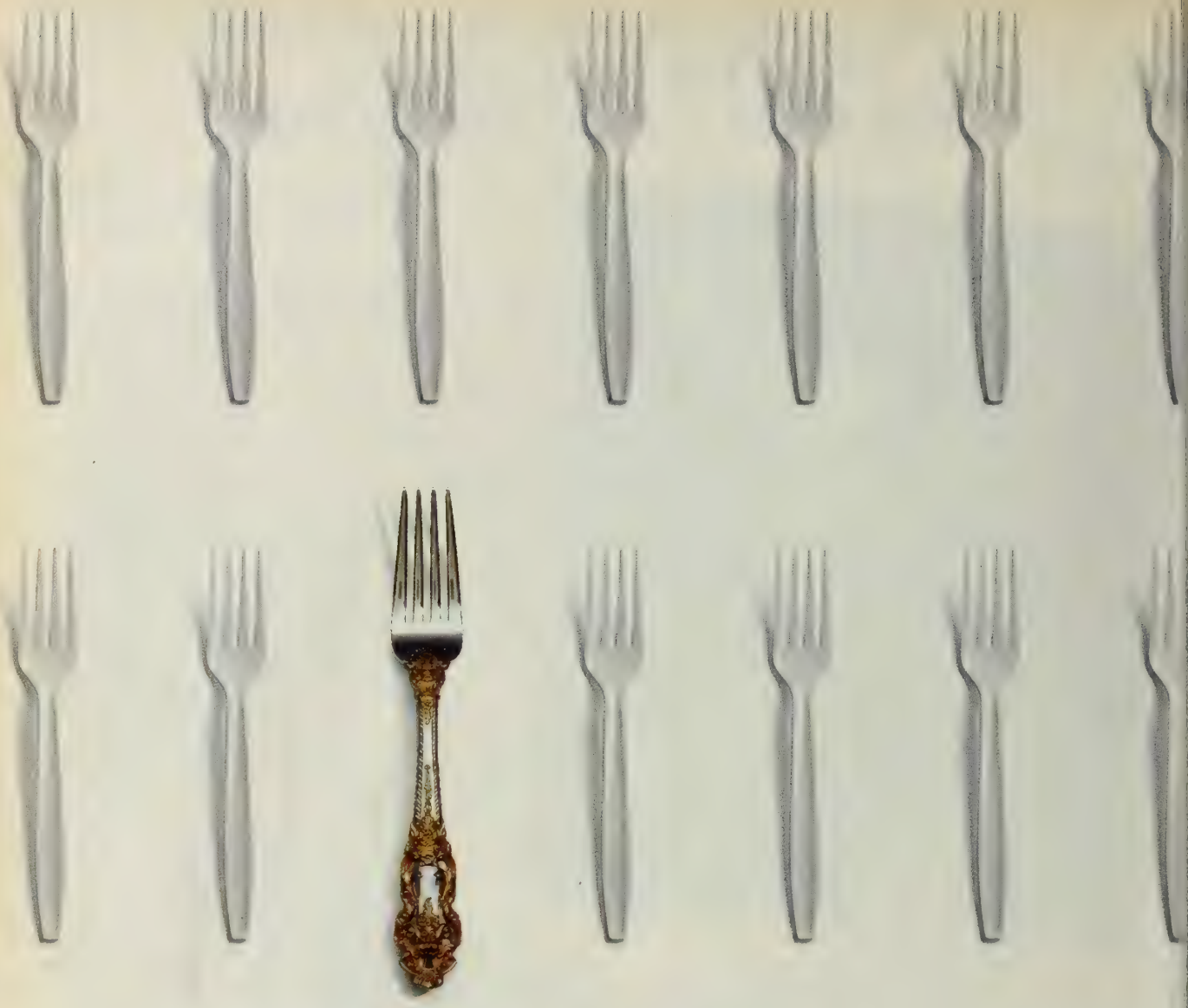
With everything in your busy schedule, it just may be the most rewarding commitment you make.

City of Hope

Without your help, there is no Hope.

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Photo: Rick Oyama



(Obviously, someone's discovered new Cup Cuisine.™)



Loaded with meat, vegetables and tender oriental noodles, Nissin's Cup Cuisine is the world's premiere instant noodle soup. nissin®

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SECONDHAND CHARM



Charm is cheaper the second time around.

Sure, secondhand wooden furniture pieces save you money, but their real value lies in their charm. Consider these guidelines as you shop.

Furniture-makers work hard today at imitating antique finishes, so don't automatically strip and refinish your find. Old paint—checked, peeling, faded—can add value to a vintage piece. Similarly, learn to appreciate worn, oiled, or varnished finishes for their unique, time-honored patinas.

Pieces with little value or those whose wood is in bad shape are the best candidates for decorating. Feeling artsy? Sponge on two or three colors for a richly mottled look. Or, turn an old piece into "art" with quick-drying acrylic paint and your own colorful, free-hand designs. The chest (*above*) was treated to a colorful block print.

If you can't decide on a color, a white-painted piece will be at home in any setting. Imagine starchy-white curtains, for example, and you know why any old chest or table gets that country feeling when it's wearing white. Variation on the theme: Turn a nondescript table into a farm-fresh accent by painting the legs white and leaving the top natural.

Don't avoid a wooden chair because the upholstered seat is worn. Usually, you can fix it; remove the seat, wrap it with new fabric, then staple the fabric to the back. On the other hand, a chair with a torn caned seat is no bargain.

If you can choose just one secondhand accent, make it an old rocking chair. Among the most abundant: boxy, not-quite-antique mission-style rockers. Although most can be stripped and refinished, they're stunning when painted black or white and contrasted with an upholstered piece. BH&G



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California Avocado Pizza Pie

Cutie.



Let's face it, when it comes to food, most kids are finicky. So you spend most of your time looking for new and easy ways to excite their little appetites. Well, here's something that will make you both smile. Pizza topped with California Avocado. It's delicious, and as you can see, loaded with personality.

❖ The California Avocado is also a healthy addition to a tuna fish sandwich or quesadilla. And with apple and banana slices it makes for a fantastic fruit salad. In fact, the California Avocado is so versatile its only limit is your imagination. ❖ So next time you're at the market pick up some California Avocados. And put on a happy face.

Pie.



California AVOCADOS

RIPE WITH POSSIBILITIES.

California Fruit Salad Quesadilla

nia Avocado Commission

Two songbirds sparkle against the snow.



Fire in the Snow

by Derk Hansen

Shown smaller than actual size of 8 1/4" in diameter.

© 1991 Art Marketing Group

A numbered limited edition collector plate lavishly decorated with 23kt gold.

What naturalist or backyard bird-watcher wouldn't be thrilled at the sight of a pair of cardinals in winter! Perched on an evergreen branch—brilliant red feathers like fire against the freshly-fallen snow—America's favorite songbirds make a striking impression.

It's a sight that renowned wildlife artist Derk Hansen has captured in a magnificent, true-to-nature painting which is now available on a limited edition collector plate. A self-taught artist and part-time cowboy, Mr. Hansen combines his love of painting with his passion for Western life. He has won several prestigious "Best in Show" awards, and his wildlife and Western paintings are coveted by serious collectors all over the world.

A Limited Edition

Your "Fire in the Snow" plate will be decorated with a band of 23kt gold and an exquisite blue and gold border designed to showcase the spectacular beauty of this majestic North American songbird. Each serially numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The edition size of "Fire in the Snow" will be forever limited to a maximum of 75 firing days, and the price is just $27.

No Obligation—No Risk

"Fire in the Snow" is the first in a series of limited edition collector plates entitled *Winged Treasures.* When you acquire "Fire in the Snow," you have the option, *but not the obligation,* to acquire all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee,* you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

We expect an unprecedented response for this stunning collector plate, given Derk Hansen's extraordinary talent and worldwide reputation. Serial numbers will be assigned as orders are received, so mail yours today!

The Danbury Mint

47 Richards Avenue • Norwalk, Conn. 06857

WTP Please Reply Promptly 32

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P.O. Box 4900
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Fire in the Snow

Limit: two plates per collector.

Please accept my reservation for **"Fire in the Snow"** as described in this announcement. I wish to reserve ___ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $13.50* each, with the first billed prior to shipment.

☐ Check here if you want each plate charged in full at the time of shipment to your:

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Allow 4 to 8 weeks after initial payment for shipment.

*Plus any applicable sales tax and $2.95 per plate for shipping and handling.

STARTER PETS

Teach your family the joys of small animals



ROBERT CUSHMAN HAYES; ILLUSTRATIONS: STEVE BJORKMAN

Small caged pets are a good choice for families with young children.

You want a pet. But your home is too small, you're gone all day, or someone is allergic to animals. Maybe you don't have time to devote to a dog or cat.

Consider a "starter pet," such as a guinea pig or hamster, which is content to spend the day in a cage, and requires less time and money than more traditional pets.

Rabbits. Rabbits as pets are multiplying, well, like rabbits. "People like a pet they can hold, love, and cuddle," says Jerry Pass, owner of nearly 50 Pass Pets stores in the Midwest. "Rabbits can be litter-box trained, they can live indoors or out, and they respond to affection."



Miniature or dwarf breeds, which grow to only 3 to 5 pounds, top the popularity charts. Larger breeds may weigh 12 or more pounds.

Indoor rabbits require supervision; they tend to chew on anything, including furniture, books, and electrical cords.

Glen Carr, executive secretary of the American Rabbit Breeders Association, believes rabbits fare better outdoors. He recommends a male rabbit because a mature female may try to nip at someone approaching its territory, even if that's the hand that feeds it. Although male rabbits may exhibit some territorial traits, shown by spraying or squirting urine, neutering eliminates this problem.

A miniature rabbit costs about $30, larger breeds $15 or less, especially if you buy from a breeder. A cage and equipment could set you back about $75, but you can save by building a hutch, or by buying a used one. *Note:* Make sure your hutch is dog proof to protect your pet from roving canines. Rabbits rarely require veterinary care, and food costs about $4 a month.

It's difficult to identify a bunny's sex or breed. If you get more than one baby rabbit at a time, you may want to keep them separated until you can determine their sex. Request a written guarantee that provides compensation if the cute little dwarf rabbit you take home grows into a 12-pound Flemish giant. Many pet stores offer guarantees on rodent-type animals should the pet become ill or die within a specified time. Life expectancy for a rabbit is five to six years for larger breeds, seven to nine years for smaller types.

Guinea pigs. Soft and cuddly, guinea pigs, or cavies, are low cost and low maintenance. Guinea pigs don't need fancy digs—try an abandoned aquarium. But guinea pigs must stay indoors because they are susceptible to cold.

You'll spend $10 to $15 for a guinea pig. Nesting material runs about $5 a month, pellets $3. Guinea pigs require little water, but they like to eat, especially fruits and vegetables. They learn quickly that the refrigerator contains treats—and they squeal at the sound of the door opening.



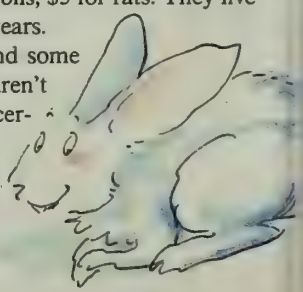
It's possible to housebreak a guinea pig, but more difficult than training a rabbit. A female weighs 1 to 2 pounds; males, 2 to 4 pounds. They live seven to nine years.

Hamsters, gerbils, mice, and rats. Many experts now recommend gerbils, mice, and rats instead of hamsters. Hamsters tend to bite when handled, and are nocturnal. They may keep you awake, especially if the cage stays in a bedroom. Hamsters chew, and can damage furniture and wiring.

You should buy gerbils in pairs. Hamsters, mice, and rats thrive alone.

Gwen Powell, who owns Long Beach Seed and Pet in California, says domestic mice and rats are becoming popular because they are calmer than hamsters, and rarely bite. Rats are smart, and can learn to do tricks.

These animals cost less than $10. You can buy a housing system, often including the pet, for around $40. Food costs around $1 a month. Nesting material runs about $2 for hamsters and gerbils, $5 for rats. They live two to five years.



Gerbils and some hamsters aren't allowed in certain states. Ask about local laws at a pet shop.



"Dogs who get a lot out of life need even more out of their dog food."

Certain dogs weren't born to take life sitting down. They're the stick-chasing, ball-catching, running, jumping, swimming breed of dog.

If yours is one of these you already know how much extra they demand of their owners. You also know how much extra they need from their dog food.

ALPO® formulated new Protein Plus™ especially for active dogs. It contains 28% protein for building muscles. Extra fat for extra energy. And calcium for strong bones and teeth. And like all the ALPO dry dog foods, it's complete, balanced nutrition with no artificial colors or flavors.

What's more, Protein Plus has a big meaty taste dogs naturally love. But for ALPO dogs that's nothing new at all.

Joan Embery

Joan Embery



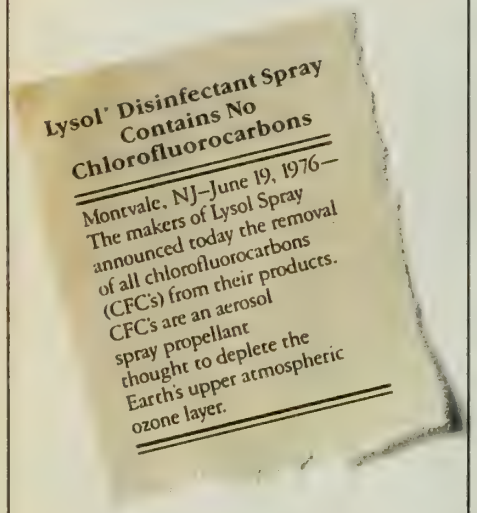


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IN CASE YOU MISSED OUR NEWS 16 YEARS AGO.



The fact is, in 1976 we, the makers of Lysol Disinfectant Spray, announced the removal of all CFC's from our products. In 1978, CFC's were banned from all consumer aerosol products.

Today Lysol Spray contains no ozone depleting ingredients.



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OUR ENVIRONMENT

ENVIRONMENTAL LABELS
Deciphering the new lingo

Concern for the environment has spawned a whole new school of words and labels. Some are useful, others are created just for their marketing value. If the labels and jargon leave you confused, here are some definitions for the new terms.

Dolphin safe

The term dolphin-safe means the tuna in a can was caught without needlessly harming dolphins. But the Earth Island Institute, the organization that spearheaded the dolphin legislation, says that only the largest of the U.S. tuna manufacturers—Starkist, Chicken of the Sea, and Bumblebee—have instituted company-wide dolphin-safe practices. Be wary also of restaurant and food service tuna that is offered where consumers are unlikely to see the label or know the brand.

Smart wood

Introduced by the Rainforest Alliance, the Smart Wood program helps consumers find and choose tropical hardwood products that are grown and harvested using environmentally sustainable, socially responsible methods. Look for the Smart Wood logo in the packaging or product literature on products containing mahogany, rosewood, and teak. These tropical hardwoods find their way into furniture veneers and musical instruments.

Biodegradable

Not all products claiming to be biodegradable are actually good for the environment. Biodegradable plastics simply break down into smaller pieces of plastic—possibly creating even more environmental problems. Another caveat: Landfills prevent their contents from decomposing, so biodegradable products will no more degrade in a landfill than they would inside your closets.

Organic

New federal guidelines on labeling of produce require that food bearing the organic label must have been grown without the use of synthetic pesticides or fertilizers, and it must be grown on land that has not been contaminated with synthetic pesticides or fertilizers within the last three years.

Pesticide-free

These are crops that have not been sprayed with pesticides, but may have been grown in soil containing synthetic fertilizers or fertilizer residues from previous crops.

Ozone-safe or friendly

This is generally used to mean a product that has no chlorofluorocarbons (CFCs), the chemicals that damage the ozone layer. Most aerosol spray products have been CFC-free since 1978, so the CFC-free label on these products means very little. More recently, and more meaningfully, manufacturers have begun to eliminate CFCs in foam insulation and foam-cushion products.

Nontoxic

The term nontoxic does not define a product's impact on the environment. And don't assume either, that nontoxic implies safety. The regulatory definition changes according to the use or type of the product.

Postconsumer/preconsumer

Postconsumer recycled goods have been used at least once and then remanufactured into new products. Preconsumer products are not truly recycled—they are trimmings, leftovers, and waste that are collected at the factory and then added back into the production process. Postconsumer material is the better choice for the environment.

CATALOG marketplace

Hassle-free shopping begins here with your choice of catalogs from this outstanding collection! Use the coupon at the end of the section to order directly from Better Homes and Gardens®.

APPAREL

APPLESEED'S—Classic clothing for over 45 years. Appleseed's offers you a great selection of traditional women's clothing in petite, women's and half sizes. You'll find classic suits, versatile dresses, active-wear and more. Superior quality merchandise and customer service allow us to guarantee your satisfaction 100%! Catalog $2.00. *Circle 01.*

SAVE 50% ON DESIGNER FABRICS—Save on designer fabrics from the top names in fashion. Fashion Fabrics Club members enjoy free monthly swatches and a free frequent buyer plan. Send $2.00 for a portfolio of swatches, a free membership offer and a $5.00 gift certificate good on your first purchase. *Circle 02.*

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VICTORIA'S SECRET CATALOGUE—Enjoy the luxury of shopping directly from home with Victoria's Secret Catalogue. Our international collection encompasses lingerie and fashion for the most discerning tastes. Receive a coupon for up to $50 off your first purchase. Offer valid in U.S. only. 7 issues $5. *Circle 05.*

BUILDING

CEDAR GAZEBO KITS—LEISURE WOODS, INC. Gazebo kits are designed to compliment both residential and commerical settings. Kits are modular—with removable screens—top quality cedar—terrific prices—variety of sizes including 6' to 20' inside diameter. Many valance, railing, and roof styles to choose from and all interchangeable. "Truly the Finest Gazebo Made" ™. $1.00. *Circle 06.*

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JANCO GREENHOUSES—Your brightest choice. A growing home or a growing hobby calls for the leader in greenhouse and sunroom design and innovation. J. A. Nearing Company, Inc., an industry leader for more than 40 years, offers a complete range of horticultural greenhouses and solarooms to match your lifestyle, climate and budget. Send for "Janco Environment" an exciting new color portfolio or Janco's brilliant possibilities, complete with prices. Price $5.00. *Circle 08.*

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SCHOLZ DESIGN—Architects of the famed MASCO Atlanta Showhome and the three new Las Vegas Showhomes unveiled in January. SCHOLZ has been favored for a half century by home buyers who recognize and demand design excellence. Make your next home a SCHOLZ DESIGN. Order the latest SCHOLZ DESIGN Catalog for only $25.00. *Circle 11.*

VELUX ROOF WINDOWS AND SKYLIGHTS—New 1992 full-color brochure features helpful information and design ideas for the complete line of VELUX Roof Windows, Skylights, Sunscreening Accessories and Controls. New 1992 products include the Round Top Accent Roof Window and hand-held infrared Remote Controls for operating out-of-reach skylights, roof windows and venetian blinds. Pricing and dealer listing also included. Free. *Circle 12.*

ARCHITECTURAL DETAILS BY VINTAGE WOOD WORKS—A vast array of Architectural Details including brackets, corbels, gables, mouldings, porch turnings, running trims, stair parts, a gazebo. Also, custom length spandrels, window cornices, shelves, etc. Solid wood at factory-direct prices. Prompt shipping & satisfaction guaranteed! 68-page, illustrated Catalog, $2. *Circle 13.*

COLLECTIBLES

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SHAKER OVAL BOXES—Reproductions of the best quality, handcrafted in the Shaker tradition. Available individually or in sets, up to seven sizes. All wood is hand planed, for authenticity. Available in cherry or maple, with clear or painted finish. 100% satisfaction guaranteed. $1.00. *Circle 15.*

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CRAFTS

HEARTHSIDE QUILTS—A complete section of easy-to-sew PRE-CUT patchwork quilt kits in popular designs is shown in the 56 page color catalog. Included is a packet of swatches showing the colors and patterns of the 100% cotton cloth used in the kits. Introductory savings plan saves you a full 20%! Full size quilt kits, to pillow kits, and more! $3.00. *Circle 17.*

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SHAMA IMPORTS—CREWEL FABRICS—Shama Imports offers excellent prices on Indian crewel fabrics and home accessories. Crewel fabrics, hand-embroidered on hand-loomed cotton, are offered in traditional flower-and-vine motifs in a range of colors. The fabrics are ideal for: drapes, upholstery, bedspreads, slipcovers, etc. Also ready-made bedspreads, tablecloths, and cushion covers. Color catalog, price list and swatch. $2.00. *Circle 19.*

FOOD

EXOTIC ORIENTAL FOODS—Wake your tastebuds to the spices, candies, teas, sauces, dried goods, herbal medicines, ginseng, you have missed! Or try something new! Utensils, chinaware, recipe books. Many hard to find items. Gift packages available. Straight from the Far East to you, via the Big Apple! Far Out Far East $1.50 for Catalog. *Circle 20.*

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HARRY AND DAVID—Give Nature's Best! Over 250 fresh, delicious ideas for spring gifting and entertaining. Selections for good health and nutrition, including fresh fruit and fruit baskets, gourmet vegetables, low-fat and cholesterol-free confections and our famous Fruit-of-the-Month Club®. Priced from $10 to $300. Satisfaction guaranteed. FREE CATALOG. *Circle 22.*

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GARDENING

DUTCH GARDENS—FLOWERBULB CATALOG—Free Garden Book!...Featuring more than 175 pages with over 200 color photos of the world's most beautiful flower bulbs. We ship top quality bulbs directly from Holland to you at close to wholesale prices. Spring and Fall issue. *Circle 24.*

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SHADY OAKS NURSERY—Over 100 hosta varieties are offered by Shady Oaks Nursery. Their catalog also includes an extensive list of other perennials, ferns, wildflowers and shrubs for the shady landscape. The informative catalog contains a shade tolerance guide to aid in selecting plants for shady areas. FREE. *Circle 30.*

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VAN BOURGONDIEN'S DUTCH BULBS—For a breathtaking burst of color in your garden. Our catalog features one of the largest selections of Dutch bulbs and perennials offered at truly competitive prices. Quality and savings. Order your free subscription today. *Circle 33.*

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THE PATIO—Everything under the sun from America's foremost mail order department store of casual furniture and accessories, including the world renowned Barwa contoured lounger; Butterfly and Director chairs, plus a complete selection of hard-to-find recovers, replacement pads, raincoat covers and decorative patio and pool accessories. A world of colorful leisure living for just $1.00. *Circle 61.*

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THE BEST IN TABLE-TOP!—Kentline is an exciting new catalog featuring unique and distinctive dinnerware, stemware, serving pieces, and much more, including numerous design-award-winning pieces. This one really is different...and better! Also included is a 10%-off your first purchase coupon and a free gift just for requesting our catalog. $1.00. *Circle 71.*

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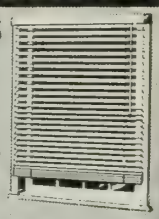
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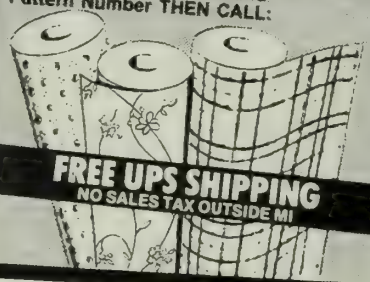


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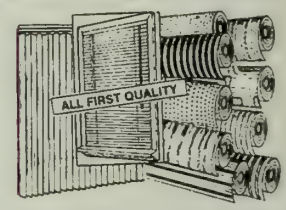
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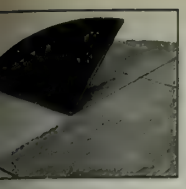


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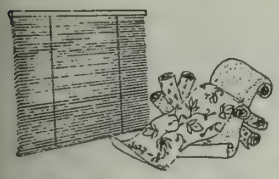
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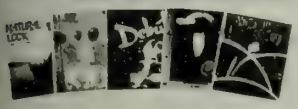
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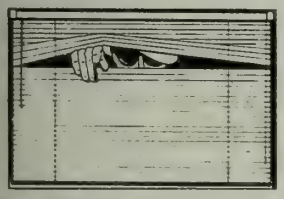
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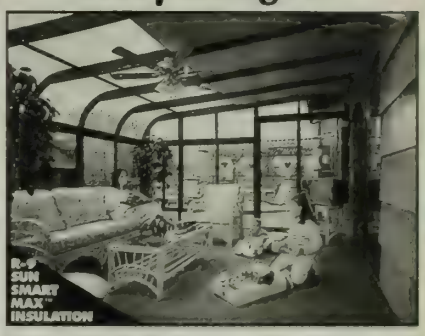
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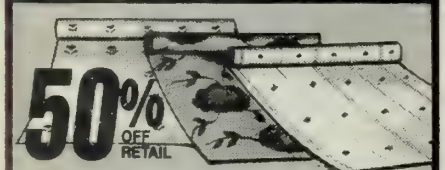
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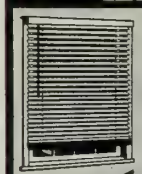
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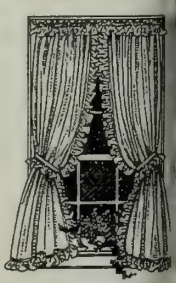
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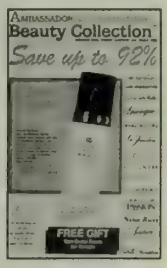
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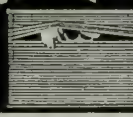
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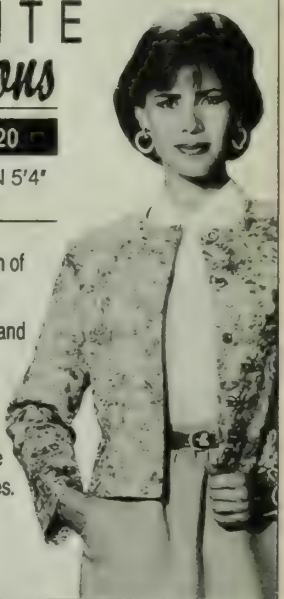
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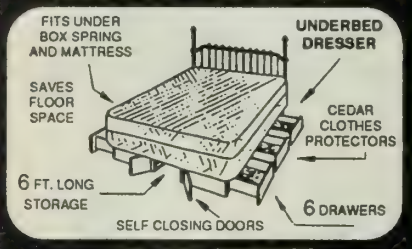
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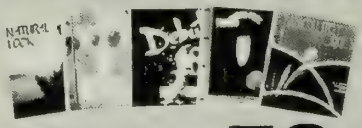


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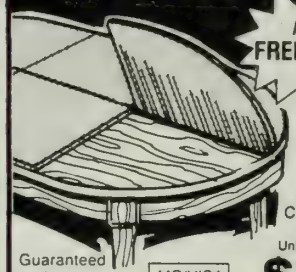
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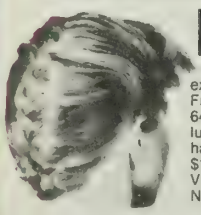
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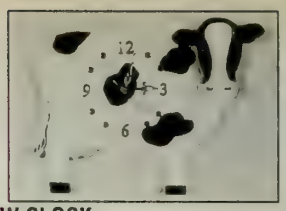
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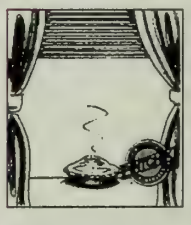


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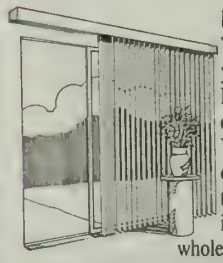
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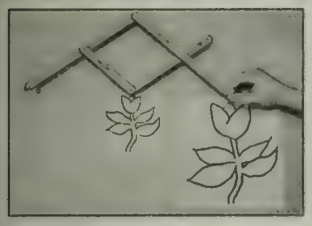


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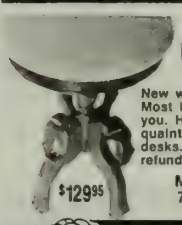
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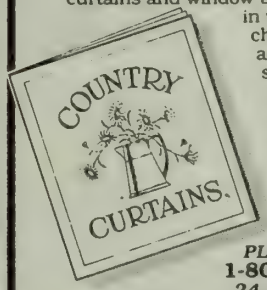
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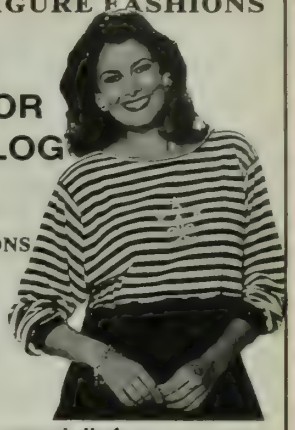
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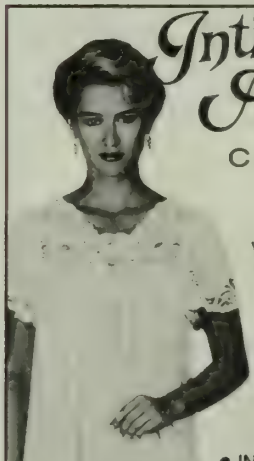
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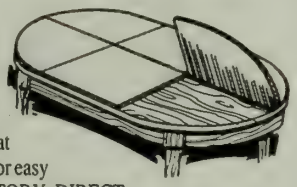
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THE MAN NEXT DOOR®

MARCH 1992

■ Liz Randall notes that it's the child who can't find a missing sock who knows exactly where you hid your favorite magazine until you have time to read it.

■ Isabel Norman believes that the supermarkets need to add one more category of express checkout counters: one for customers carrying such meltables as ice cream or orange juice concentrate.

■ Grandpa Hillis says fear of snoring in church is a wonderful aid in concentrating on the sermon.

■ "It's a darn shame," quips Representative Nick Hanfli, "that the folks most qualified to run the country are already employed selling bumper stickers."

■ Dick Dresch, a devotee of adult education, says what he'd really like to see are courses on critical life skills like programming a VCR and changing the greeting on your answering machine.

■ The Reverend George Hall wonders why we can calmly accept almost any injustice "except the fellow who turns without putting on his signal first."

■ I've discovered the hard way that the difference between a $10 bill and a power tool is that you can lend both to a friend and the $10 bill will be returned.



"Sure, I wanted a little brother, but not that little."



"I knew it would be a mistake getting the 24-hour sports channel"

■ Ken Floyd isn't sure what it means, but says he's noticed that pet products take up 10 times as much space in the supermarket as baby products.

■ Dr. Bob Hannelly says that there are some words you never get tired of hearing—"Thanks" and "You don't need bifocals yet."

■ Magazines never die, Elaine Cowan reports. They just move to doctors' waiting rooms.

■ Liz Randall, mother of five, says the only question that really gets her kids talking at the dinner table is "Who'd like the last spoonful of potatoes?"

■ Gossip, says Aunt Opal, is like an open box of fancy candies. Everybody knows about the effects but few of us can resist the temptation.

■ Uncle Dodd Buckner likes to remember the days when it was more likely that your check would bounce, rather than the bank.

■ Grandma Hillis thinks we're much less aware of March winds now that so few people wear hats.

Aromas can jog such vivid memories. A certain spicy after-shave calls to mind Saturday mornings when I was just 3 or 4. I'd watch Dad intently as he scraped the stubble off his chin. Then came the part I'd waited for all week. I'd stand at attention and we'd share a splash of that after-shave. For the rest of the day, I felt 3 feet taller and 10 years older.

The yeasty aroma of baking cinnamon rolls transports me to my grandmother's sunny kitchen and that pudgy relic of a range poised on four stubby legs. Nearby, Grandpa's pipe smoke crowned him like a garland of spring flowers.

Today, I don't use after-shave myself, and Chris hasn't made cinnamon rolls in ages. In fact, society seems almost odor-phobic. I sometimes wonder what fragrances our kids will carry fondly beyond childhood. I hope we're not depriving them of some of the great comforts of our adult years.

Burton Hillis

HOME OF THE FUTURE p.75



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Better Homes and Gardens

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EDITOR'S LETTER

APRIL 1992



Roy Rogers, not Buck, was my hero . . .

PREVIEWING THE AMERICAN HOME OF TOMORROW

Dear Readers,

The first time I ever remember seriously thinking about the future was in response to the 1939 World's Fair. I was only 6 at the time, but I already faithfully attended the movies every Saturday afternoon to see Roy and Dale, The Green Hornet, and Buck Rogers. Various attractions from the Fair were featured in the newsreels that accompanied those movies.

Those glimpses of the World's Fair seemed to dwell on the exhibits showing what the wonderful world of 1960 would be like. My memories of those film clips are, perhaps, mixed up with the Buck Rogers movies. There seemed to be lots of rocket ships, elevated highways, and towering buildings full of people in funny-looking clothes—pretty heady stuff for a small-town Indiana boy. I can still remember the goose bumps when I counted up on my fingers and realized I'd be an old man of 27 in 1960.

All this came to mind when reading "Home of the Future," an article about a home designed for the year 2010, which you'll find in this issue on *page 75.* Architect Jack Bloodgood designed this house and we built it, in conjunction with *Hometime,* the nationally syndicated television show.

Of course, to build this house, we couldn't wait around for all the wonderful products and new techniques that will surely be developed in the next 20 years. But, we could, and did, use everything available today that looks like the way of the future to us. Jack's design is based on a careful analysis of the way we live now, and trends we see in future family life.

The time between 1939–1960 and 1992–2010 is about the same, within a few years. I'd like to think that Jack's predictions of how we'll live and what our houses will be like make a bit more sense than the stuff I saw at the movies in 1939.

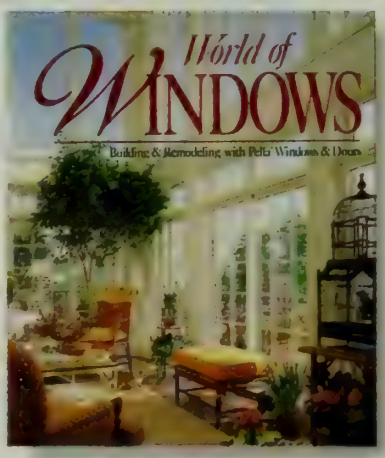
Actually, what I read and see in the beautiful photographs of this home makes a lot of sense to me. The high cost of land will necessitate small lot sizes. Our yards will have to be smaller, but bordering on shared commons. We'll want to bring the outdoors in, so windows and glass-brick walls, as well as easy access to the outdoors, are features of the house. The interior spaces are arranged for great flexibility, changing from one use to another as the family grows and changes. I notice that there's a room fitted out for Grandpa. The goose bumps return as I count on my fingers once again.

We're sure to be wrong in some of our predictions, but there's no question in my mind that however far we look into the future, our homes will still be our havens and the nurturing places for the strongest of American institutions, the family.

David Jordan

David Jordan, Editor in Chief

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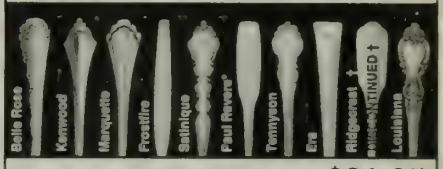
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by Elaine Gignilliat

The Danbury Mint

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A numbered limited first edition collector plate trimmed in 23kt gold

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VACATION TIP

Even though most people discontinue their paper and mail deliveries when they go on vacation, an empty driveway may signal an empty house. In our area, when a family is going away, one of the neighbors arranges to park a second car in the vacationer's driveway. That way, the house looks occupied.

Maxine Hartman
Wading River, N.Y.

WORKING AT HOME

I gave birth to my second son three months ago and my employer has just informed me that there isn't enough work for me to return to my job. I've decided to sit tight for a while and stay at home. I wonder if anyone has any tips on how to save, or earn, money at home?

Deborah Lavoie
Madawaska, Maine

THE YOUTH MARKET

Recently my 11-year-old celebrated his birthday. Instead of giving him the same old gifts, my husband and I bought him a few shares on the stock market. It worked out great because his class was studying the stock market at the time, and now he reads the newspaper each day to see how his shares are progressing.

Jan Riley
Fresno, Calif.

CULTURE SHOCK

My mother-in-law is coming from Turkey to live with us. Unfortunately, she doesn't speak English. She'll need help adjusting to the culture as well as living with a daughter-in-law. Does anyone have any suggestions about how I might help make her transition more comfortable?

Marcia Colpan
Altoona, Pa.

AMERICAN HOSPITALITY

Ten years ago, my dear friend, who spoke only broken English, arrived from Lebanon. She was very timid about speaking to Americans. I bought her an English/Lebanese dictionary and a subscription to a monthly magazine with interesting articles about life in the U.S. Today she converses freely with people about current events and has never stopped thanking me.

Helen L. Weller
Las Vegas, Nev.

TO PARENT OR NOT TO PARENT?

I am a 23-year-old wife with very torn feelings about having children. My husband and I think having a child would be wonderful, but it seems all the information about growing up today is negative. We hear about playmates shooting each other, children with AIDS, drugs, teenage pregnancy, and lack of state funds for education. Are other young couples similarly torn about this?

Michelle Garcia
Riverview, Fla.

MAKING FRIENDS

As a young mother of a 2-year-old son, I had to face the prospect of moving 1,500 miles from family and friends due to my husband's job relocation. To relieve the initial boredom, my son and I began taking walks each day. We became acquainted with an elderly widower who was still grieving deeply for his wife. Our youth and companionship brought him joy, while his caring eased my loneliness. I never would have looked in that direction for a friend, but he showed me age has nothing to do with friendship.

Regina Poullas
Campbell, Ohio

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

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ARD AS YOU PUT INTO IT?

Now that you've chosen the right floral accents for your yard, why not spice up your porch or patio with handcrafted pottery? Terra cotta and ceramic planters lend themself to many outdoor decorating schemes, and they look right at home indoors too!





Simple touches mean so much. You can create your own paradise with simple additions like our statuaries designed of weather-resistant concrete. A whimsical woodland creature looks right at home among the flower beds. Or, invite feathered friends to flock to your yard with an enticing stained or painted birdbath. Your Kmart Garden Center has a wonderful selection to help you make your yard come alive!







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affordable Landscaping

BY DOUGLAS A. JIMERSON

Sometimes it seems that major surgery is the only way to correct a problem landscape. Trouble is, a complete garden overhaul can become a big investment. If you don't want to spend a fortune, but still want good looks, check out our collection of dramatic, inexpensive solutions.



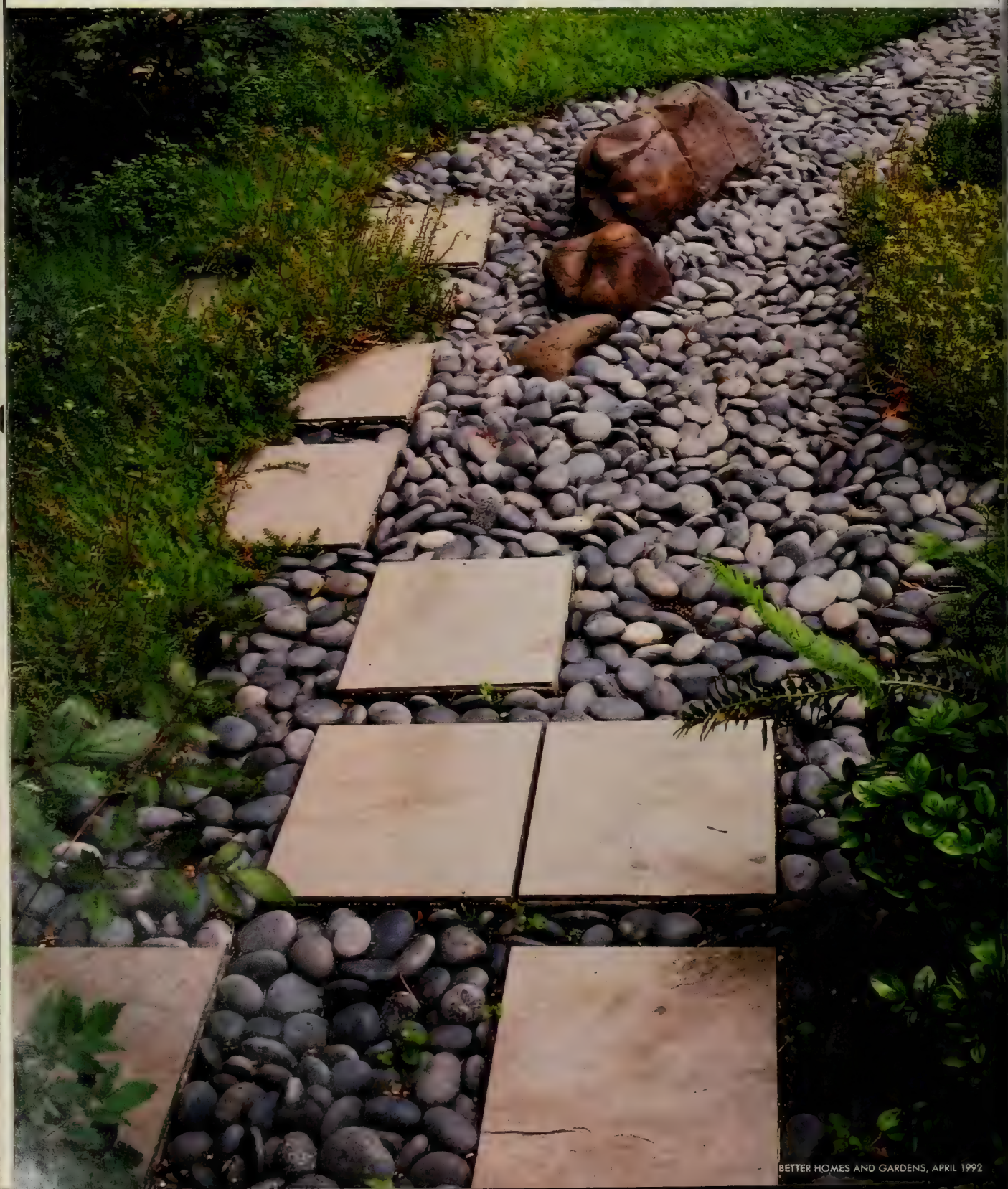
PHOTOGRAPH: SUSAN GILMORE. GARDEN DESIGN: TAD ANDERSON. REGIONAL EDITOR: SHARON ROSS

Keep it simple

Landscaping can be effective without being elaborate. Often an inviting path and some colorful plants are all you need. In this case a white picket fence, some boulders, and a mixed bag of flowers transformed a bare, hilly front yard into an English-style cottage garden. Cosmos, zinnia, coneflower, petunia, nicotiana, coreopsis, coralbells, cerastium, portulaca, hollyhock, and daylily thrive alongside spirea and juniper shrubs.

Dare to be different

When you plan your garden path, look beyond the standard-issue concrete ribbon. Consider materials that enhance the environment, like brick, stone, gravel, or even shredded bark. Here, an oriental-style path of river rock and stepping-stones blazes a trail through a courtyard of ferns, azaleas, dwarf pines, and heather.



Landscaping



PHOTOGRAPH: MIKE JENSEN. REGIONAL EDITOR: TRISH MAHARAM

Camouflage eyesores

If you can't fix it, plant it! Cracking foundations, forlorn fences, woebegone walls, and other common landscape ailments can take time and money to repair. Until then, "cure" the problem with a horticultural disguise. In this garden a tumbledown rock wall is barely visible under a thick cover of blooming heather. Other good ground covers include: White Meidiland rose, winter creeper, rock cotoneaster, and creeping juniper.

Landscaping is affordable when you tackle one area at a time. Divide the project to spread out the costs and the work. Before you know it, your lot will be completely transformed.



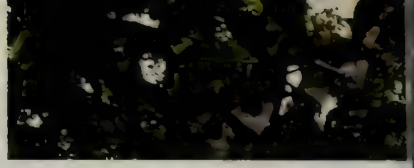
PHOTOGRAPH: JON JENSEN. REGIONAL EDITOR: BONNIE MAHARAM

Perk up a porch

One of the easiest ways to dress up your home or garden is with a flowering vine like clematis (*left*). This adaptable plant clings to most any surface, transforming a fence, porch pillar, arbor, or stairway railing into a bower of bloom. Some other fast-growing species include: trumpet vine, wisteria, jasmine, silverlace, honeysuckle, and Dutchman's pipe.

Photograph, left: Stephen Cridland. Garden design: Michael Schultz. Regional editor: Cathy Howard

Landscaping



Stage your flowers

Instead of a traditional flat garden, consider elevating your flowers with a raised bed. This way you can enjoy the fragrant blooms closer to nose level and the plants will benefit from the enriched soil. An 18-inch-high retaining wall holds a bountiful mix of annual and perennial flowers (*opposite*). Topped with a 2×10 cap, the wall also serves as an all-season bench.

Defy the drought

Who says nothing flourishes when rainfall is scarce? Before it was landscaped with drought-tolerant plants, this California entry (*right*) was as barren as Death Valley. Hale and hardy species like Japanese black pine, nandina, thrift, verbena, yarrow, festuca grass, and mugho pine take care of themselves even in midsummer.

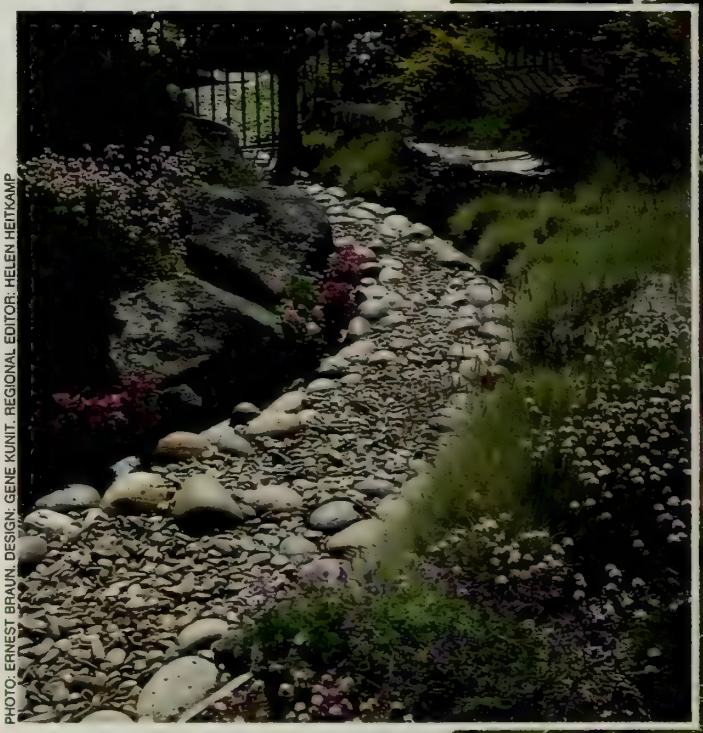


PHOTO: ERNEST BRAUN. DESIGN: GENE KUNIT. REGIONAL EDITOR: HELEN HEITKAMP

Hiring a landscape designer to develop a garden plan can save you money in the long run. Once you have a detailed drawing, you can follow through and do the work yourself.

Beautify a fence

Good fences may make good neighbors, but standing alone, a fence view can be monotonous. Add excitement by planting flowering shrubs nearby for color and interest. Most any species will do; just be sure to find out the ultimate size and shape of the shrub you choose. Dense, slow-growing shrubs like azaleas (*right*) and rhododendrons rarely grow out of bounds.



PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

Photograph, right: Stephen Cridland. Design: John Herbst. Regional editor: Cathy Howard





Break new ground

Take a second look at nooks and crannies in your landscape that you may have previously ignored. A little ingenuity transformed a sliver of a side yard into a welcoming garden retreat (*opposite*) complete with a flagstone and gravel path.



PHOTOGRAPH: MIKE JENSEN. REGIONAL EDITOR: TRISH MAHARAM



PHOTOGRAPH: JESSIE WALKER. DESIGN: KEITH ALLEN. REGIONAL EDITOR: JESSIE WALKER ASSOC.

Photograph, left: Rick Taylor. Garden design: Rebecca Wayne Collins. Regional editor: Ruth Reiter

Corral a corner

Unlike a standard lot, a corner lot needs to look good from two sides. And, because of its location, a corner property usually lacks privacy. Both of these problems are easily solved, however, with a privacy fence that matches or at least complements your home's architecture. This Seattle garden (*left*) gained privacy and good looks with a 6-foot-high cedar fence and a vine-covered arbor. Nearby beds contain hosta, peony, and salvia.

Even the tiniest parcel of land has loads of landscaping potential. Take advantage of underused locations such as side yards, alleyways, slopes, and driveway edges.

Cope with a slope

With careful planning, even a troublesome problem like a steep slope can be controlled for a small price. For example, this hilly front yard (*left*) was tamed by adding a raised wooden walkway along the top of the slope. The project looks expensive, but it was much cheaper than building a retaining wall and leveling the area.

Landscaping



PHOTOGRAPH: JON JENSEN. REGIONAL EDITOR: BONNIE MAHARAM



PHOTOGRAPH: STEPHEN CRIDLAND. GARDEN DESIGN: HUNTINGTON-KIEST. REGIONAL EDITOR: CATHY HOWARD

Plant a tree

Looking for a quick, inexpensive way to brighten a bleak backyard, lifeless patio, or boring front lawn? Put a flowering tree on your shopping list this spring. Some spring-blooming species like weeping cherry (*above*) are particularly effective when underplanted with hyacinth, daffodil, tulip, muscari, and pansy.

Grow some privacy

Tall, slender trees and shrubs like Tall-hedge buckthorn, Emerald arborvitae, Bradford pear, columnar Norway maple, and Skyrocket juniper are perfect for exposed front entries where space and privacy are at a premium. In this Oregon garden a regiment of arborvitae encircles the front entry, which sits just a few feet away from a busy street. To grow a solid wall of foliage, space young plants about 2½ feet apart.

- If your budget is limited, don't try to landscape everything all at once. Tackle one a time to spread out the costs.
- For an established look right away, use your plant budget to buy larger trees. S which grow much faster, can be purchased in smaller sizes.
- Always use plants that are hardy in your climate. Species that are listed as "ten your area are not worth the effort.
- Save existing shrubs and incorporate them into your landscape plan. Old, sc specimens can often be given new life with careful pruning.
- For landscaping advice check with your local nursery or garden center. Often have a landscaper on staff who can help you with specific questions.
- Always buy nursery stock that comes with a guarantee.
- Cheap plants aren't always a bargain. Buy from a reputable nursery, not from a ping mall parking lot.
- Flowers are a quick, inexpensive way to improve your yard. One or two flats of b plants are usually enough to line a walkway with bloom.



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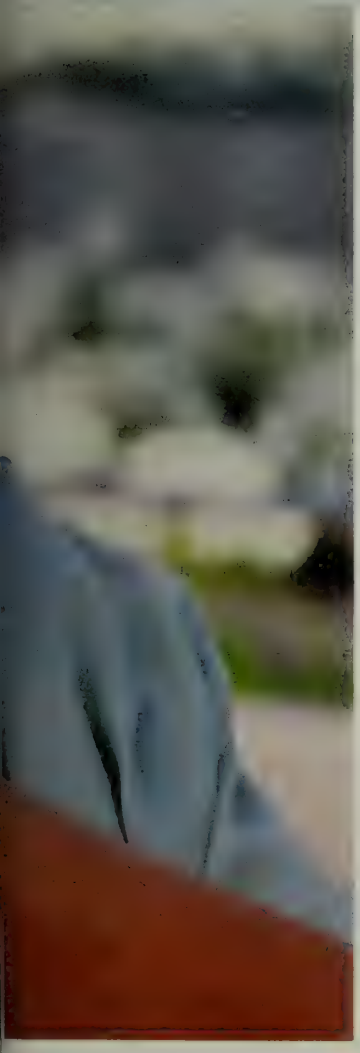
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See brief summary of Prescribing Information on next page.

I'm embarrassed to tell you how many times I've tried to go cold turkey to quit smoking. But I never really lasted. Sooner or later, I'd start smoking again. Then, my doctor suggested a new approach that includes the Habitrol™ (nicotine) patch.

'TIL NOW, I NEVER THOUGHT I COULD REALLY QUIT SMOKING.



Habitrol is a skin patch. When used as part of a comprehensive smoking cessation program, it has been clinically proven to significantly increase the chances of quitting by relieving the craving for nicotine.

In addition to the smoking cessation program, I was given a free kit. The kit includes tips on getting through the rough times and an audio tape for relaxation and motivation. My doctor is a big support as well. He even gave me a list of support groups I could attend.

Of course, Habitrol won't work for everyone. Only your doctor can determine if it's right for you. If you're pregnant or suffer from any serious disease, be sure to tell your doctor. The most common side effect is skin irritation.

If you're really determined to quit, **ask your doctor** about Habitrol therapy. **Or call 1-800-YES-U-CAN,** for more information, today.

If you're tired of quitting and failing, this could be your chance.

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NEW Habitrol™ (nicotine)

Habitrol ™
(nicotine)
Transdermal Therapeutic System
Systemic delivery of 21, 14, or 7 mg/day over 24 hours

BRIEF SUMMARY. FOR FULL PRESCRIBING INFORMATION SEE PACKAGE INSERT.

INDICATIONS AND USAGE
Habitrol treatment is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Habitrol treatment should be used as a part of a comprehensive behavioral smoking cessation program.

The use of Habitrol systems for longer than 3 months has not been studied.

CONTRAINDICATIONS
Use of Habitrol systems is contraindicated in patients with hypersensitivity or allergy to nicotine or to any of the components of the therapeutic system.

WARNINGS
Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Habitrol systems, and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy Warning
Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Habitrol treatment can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Habitrol systems has not been examined in pregnancy (see PRECAUTIONS, Other Effects). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Habitrol therapy is used during pregnancy, or if the patient becomes pregnant while using Habitrol treatment, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children
The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if Habitrol systems are applied or ingested by children or pets. Used 21 mg/day systems contain about 60% (32 mg) of their initial drug content. Therefore, patients should be cautioned to keep both used and unused Habitrol systems out of the reach of children and pets.

PRECAUTIONS
General
The patient should be urged to stop smoking completely when initiating Habitrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Habitrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the Habitrol dose should be reduced or Habitrol treatment discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

The use of Habitrol systems beyond 3 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions: In a 6-week, open-label dermal irritation and sensitization study of Habitrol systems, 22 of 220 patients exhibited definite erythema at 24 hours after application. Upon rechallenge, 3 patients exhibited mild-to-moderate contact allergy. Patients with contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. In the efficacy trials, erythema following system removal was typically seen in about 17% of patients, some edema in 4%, and dropouts due to skin reactions occurred in 6% of patients.

Patients should be instructed to promptly discontinue the Habitrol treatment and contact their physicians if they experience severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rash).

Skin Disease: Habitrol systems are usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases: The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of Habitrol treatment was reported occasionally. If serious cardiovascular symptoms occur with Habitrol treatment, it should be discontinued.

Habitrol treatment should generally not be used in patients during the immediate post-myocardial infarction period, patients with serious arrythmias, and patients with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency: The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (See CLINICAL PHARMACOLOGY, Pharmacokinetics).

Endocrine Diseases: Habitrol treatment should be used with caution in patients with hyperthyroidism, pheochromocytoma or insulin-dependent diabetes since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease: Nicotine delays healing in peptic ulcer disease; therefore, Habitrol treatment should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Accelerated Hypertension: Nicotine constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Habitrol treatment should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Information for Patients
A patient instruction sheet is included in the package of Habitrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Habitrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist.

Patients must be advised to keep both used and unused systems out of the reach of children and pets.

Drug Interactions
Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	**Possible Mechanism**
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase In Dose at Cessation of Smoking	**Possible Mechanism**
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility
Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidence of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Nicotine and cotinine were not mutagenic in the Ames *Salmonella* test. Nicotine induced reparable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

Pregnancy Category D (see WARNINGS)
The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Habitrol treatment on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded.

Habitrol treatment should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of use of nicotine replacement by the patient, who may continue to smoke.

Teratogenicity
Animal Studies: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg/day IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects
Animal Studies: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking 1 cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 mg/kg/min nicotine for 20 minutes to pregnant rhesus monkeys (equivalent to smoking about 6 cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low-birth-weight infants and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate, and decreased uterine blood flow and fetal breathing movements. Habitrol treatment has not been studied in pregnant humans.

Labor and Delivery
Habitrol systems are not recommended to be left on during labor and delivery. The effects of nicotine on the mother or the fetus during labor are unknown.

Nursing Mothers
Caution should be exercised when Habitrol therapy is administered to nursing women. The safety of Habitrol treatment in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk-to-plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first-pass clearance; however, the efficiency of removal is probably lowest at birth. The nicotine concentrations in milk can be expected to be lower with Habitrol treatment when used as directed than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Habitrol systems should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Habitrol systems alone or in combination with continued smoking.

Pediatric Use
Habitrol systems are not recommended for use in children because the safety and effectiveness of Habitrol treatment in children and adolescents who smoke have not been evaluated.

Geriatric Use
Forty-eight patients over the age of 60 participated in clinical trials of Habitrol therapy. Habitrol therapy appeared to be as effective in this age group as in younger smokers.

ADVERSE REACTIONS
Assessment of adverse events in the 792 patients who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by concurrent smoking by many of the patients. In the trials, when reporting adverse events, the investigators did not attempt to identify the cause of the symptom.

Topical Adverse Events
The most common adverse event associated with topical nicotine is a short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 35% of patients on Habitrol treatment in the clinical trials. Local erythema at system removal was noted at least once in 17% of patients and local edema in Erythema generally resolved within 24 hours. Cutaneous hypersensitivity (cont sensitization) occurred in 2% of patients on Habitrol treatment (see PRECAUTIONS, Allergic Reactions).

Probably Causally Related
The following adverse events were reported more frequently in Habitrol-treated patie than in placebo-treated patients or exhibited a dose response in clinical trials.
Digestive system - Diarrhea*, dyspepsia*.
Mouth/Tooth disorders - Dry mouth.
Musculoskeletal system - Arthralgia*, myalgia*.
Nervous system - Abnormal dreams†, somnolence†.

Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

Causal Relationship Unknown
Adverse events reported in Habitrol- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of th association between Habitrol treatment and these events is unknown, but they a reported as alerting information for the clinician.
Body as a whole - Allergy†, back pain†.
Cardiovascular system - Hypertension†.
Digestive system - Abdominal pain†, constipation†, nausea*, vomiting.
Nervous system - Dizziness*, concentration impaired†, headache (17%), insomnia*.
Respiratory system - Cough increased†, pharyngitis†, sinusitis†.
Urogenital system - Dysmenorrhea*.

Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

DRUG ABUSE AND DEPENDENCE
Habitrol systems are likely to have a low abuse potential based on differences betv it and cigarettes in four characteristics commonly considered important in contribu to abuse: much slower absorption, much smaller fluctuations in blood levels, lowe blood levels of nicotine, and less frequent use (i.e. once daily).

Dependence on nicotine polacrilex chewing gum replacement therapy has b reported. Such dependence might also occur from transference to Habitrol syst of tobacco-based nicotine dependence. The use of the system beyond 3 month has not been evaluated and should be discouraged.

To minimize the risk of dependence, patients should be encouraged to withdra gradually from Habitrol treatment after 4 to 8 weeks of usage. Recommended dose reduction is to progressively decrease the dose every 2 to 4 weeks (see DOSAGE A ADMINISTRATION).

OVERDOSAGE
The effects of applying several Habitrol systems simultaneously or of swallo ing Habitrol systems are unknown (see WARNINGS, Safety Note Concerning Children).

The oral LD_{50} for nicotine in rodents varies with species but is in excess of 2 mg/kg; death is due to respiratory paralysis. The oral minimum lethal dose of n tine in dogs is greater than 5 mg/kg. The oral minimum acute lethal dose for ni tine in human adults is reported to be 40 to 60 mg (<1 mg/kg).

Two or three Habitrol 30 cm^2 systems in capsules fed to dogs weighing 8-1 were emetic, but did not produce any other significant clinical signs. The admin tration of these patches corresponds to about 6-17 mg/kg of nicotine.

Signs and symptoms of an overdose of Habitrol systems would be expe to be the same as those of acute nicotine poisoning including: pallor, cold sweat, nausea, salivation, vomiting, abdominal pain, diarrhea, headache, d ness, disturbed hearing and vision, tremor, mental confusion, and weakne Prostration, hypotension, and respiratory failure may ensue with large over doses. Lethal doses produce convulsions quickly and death follows as a re of peripheral or central respiratory paralysis or, less frequently, cardiac fail

Overdose From Topical Exposure
The Habitrol system should be removed immediately if the patient shows signs overdosage and the patient should seek immediate medical care. The skin surfa may be flushed with water and dried. No soap should be used since it may increase nicotine absorption. Nicotine will continue to be delivered into the blo stream for several hours (see CLINICAL PHARMACOLOGY, Pharmacokinetics); after removal of the system because of a depot of nicotine in the skin.

Overdose From Ingestion
Persons ingesting Habitrol systems should be referred to a health care facility f management. Due to the possibility of nicotine-induced seizures, activated cha coal should be administered. In unconscious patients with a secure airway, ins activated charcoal via nasogastric tube. A saline cathartic or sorbitol added to t first dose of activated charcoal may speed gastrointestinal passage of the syste Repeated doses of activated charcoal should be administered as long as the sy tem remains in the gastrointestinal tract since it will continue to release nicotin many hours.

Management of Nicotine Poisoning
Other supportive measures include diazepam or barbiturates for seizures, atropine excessive bronchial secretions or diarrhea, respiratory support for respiratory failu and vigorous fluid support for hypotension and cardiovascular collapse.

Safety and Handling
Habitrol systems can be a dermal irritant and can cause contact sensilization. Although exposure of health care workers to nicotine from Habitrol systems shi be minimal, care should be taken to avoid unnecessary contact with active sys tems. If you do handle active systems, wash with water alone, since soap may increase nicotine absorption. Do not touch your eyes.

Disposal
When the used system is removed from the skin, it should be folded over and pla in the protective pouch which contained the new system. The used system shoul immediately disposed of in such a way to prevent its access by children or pets. S patient information for further directions for handling and disposal.

How to Store
Do not store above 86°F (30°C) because Habitrol systems are sensitive to heat slight discoloration of the system is not significant.

Do not store unpouched. Once removed from the protective pouch, Habitrol systems should be applied promptly since nicotine is volatile and the system m lose strength.

CAUTION: Federal law prohibits dispensing without prescription.

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RAISING A CHILD ALONE
How to escape the single parent trap



STEVE BJORKMAN

Single parents: Don't close the door on your own needs.

After divorce, many single parents try too hard to compensate for the absence of a spouse. In the process, they neglect their own needs in order to meet their children's needs. These well-meaning single moms and dads often fail to understand that they can't take good care of their kids without first taking good care of themselves.

How Mom did it. In the early '50s, my mother was a single parent who was a full-time college student as well. She also had a part-time job. In spite of her many responsibilities, she still had an active social life. She didn't feel guilty about any of this, nor should she have. The relatively little time she had to give to me was adequate and always of good quality. Besides, she never failed to be there when I truly needed her. I never felt neglected or unsure of her love.

Mom's edict, more or less, was "I'm going to be busy, so you need to be busy as well." In so doing, she affirmed my competence and ability to stand on my own two feet.

The single parent trap. During counseling with single parents or speaking to single-parent groups, I've been able to draw heavily upon my own childhood experiences. I find that many custodial single parents—most of whom are female—have become ensnared in the "Single Parent Trap."

As the distinction between what her kids truly need and what they simply want becomes blurred, the single mother can easily fall into a pattern of overindulgence, stretching her emotional resources to the breaking point.

She gives as much as she can—both emotionally and materially—to children who begin taking this giving for granted, appreciating it less and less, and becoming increasingly demanding. Eventually, and inevitably, the single mother's ability to go on giving collapses, and she vents her frustration at the kids. Then guilt sets in.

In this ongoing soap opera, the children are victims of circumstance, and Mom must do penance through self-sacrifice. Every time she gets angry at her kids, she ends up feeling like a bad parent. "If I could only control my temper," she thinks, "everything would be OK." But her temper is not the problem. Instead, she must learn to moderate her giving to her kids, and begin getting for herself.

As a single mother, you must establish an identity for yourself separate and apart from the role of parent. You must allow the adult woman in you to separate herself from her role as Mom. Doing so will help you get your needs met, whether they be social, vocational, recreational, or sexual. In short, for your children's sake as well as your own, you must give yourself permission to be selfish. Only then will you have enough "inventory" to share freely with your children.

Part two of the single parent trap is entering into competition with the children's father. The single mom sees him having all the fun with the children while she shoulders the day-to-day responsibilities. What's more, she notices that the kids are more excited about visits with Dad than they are about returning home. Again, she overcompensates by trying to make life with Mom easy and wonderful.

When I counsel single moms, I encourage them to free themselves from the trap by embracing "The Single Parent's Bill of Rights" (see below).

The quest for self-fulfillment, although it means less time spent directly with your child, never fails to produce a more positive parent/child relationship. After all, nothing contributes more to a child's sense of security than knowing that his or her parent is a happy person.

YOUR BILL OF RIGHTS

1. The right to make time—and plenty of it—for your hobbies, interests, and friendships.

2. The right to put your kids to bed early, so you can have some time every evening for yourself.

3. The right to say no to your children when what they want from you is unnecessary.

4. The right to go out with friends and on dates without taking your children along.

5. The right to insist that your ex-spouse establish and maintain a reliable visitation schedule.



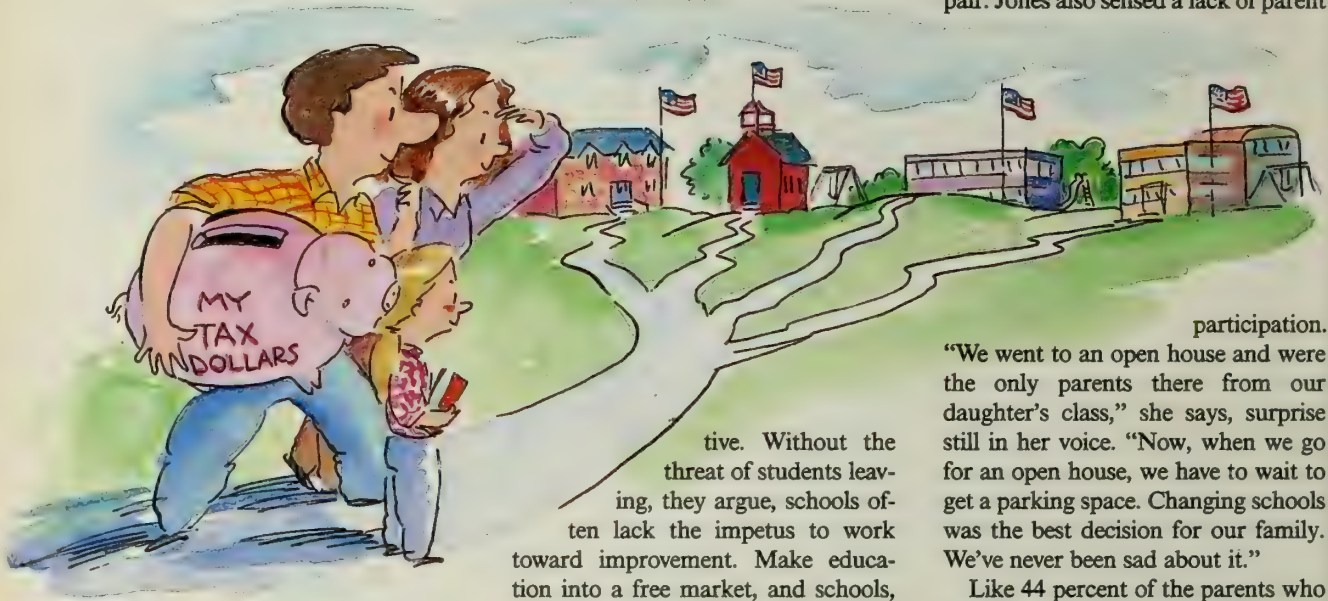
—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*

 BY ANDREA ATKINS

NEW TALK ABOUT CHOICE

Does letting kids switch schools make sense?

School choice—giving parents the right to choose their child's public school—is becoming the education movement of the '90s. Last year, 37 state legislatures considered school choice bills and 11 passed laws related to choice, according to the U.S. Department of Education, which last year opened The Center for Choice in Education.



"By the year 2000 I don't expect choice to be an issue. It will be a given," predicts U.S. Secretary of Education Lamar Alexander.

If so, parents will have to select from among several schools in their district, and perhaps also from those in a nearby community. Here's how this controversial idea could soon affect your family.

WHY CHOOSE CHOICE?

Alexander and others contend that the rich already have choice because they can buy homes in communities with "good" school systems or they can send their children to private school. Meanwhile, inner-city schools around the country continue to deteriorate. Some education leaders see choice as the way to jump-start poor schools' improvement.

Choice proponents say schools will have to react in order to stay competitive. Without the threat of students leaving, they argue, schools often lack the impetus to work toward improvement. Make education into a free market, and schools, like businesses, will have to give people what they want or die, says Terry M. Moe, Ph.D., a Stanford University professor and coauthor with John E. Chubb of *Politics, Markets, and America's Schools*, a powerful endorsement of school choice.

"Right now the supply of schools is fixed," says Moe, who supports the new movement to include nonpublic schools in choice plans. "With choice, you allow new schools to come into being. You don't force people to go to bad schools. It doesn't mean that tomorrow all schools will be better. But over time, the bad schools are going to die or they're going to improve."

In a way, choice empowers parents to cast a "vote" for or against their children's school. Take Lisa Jones (not her real name), for example, who lives in a small Minnesota town. After a year in her assigned district, Jones decided to use the choice plan to enroll her children in the neighboring community's school.

At the children's former school, some of the buildings were in disrepair. Jones also sensed a lack of parent participation. "We went to an open house and were the only parents there from our daughter's class," she says, surprise still in her voice. "Now, when we go for an open house, we have to wait to get a parking space. Changing schools was the best decision for our family. We've never been sad about it."

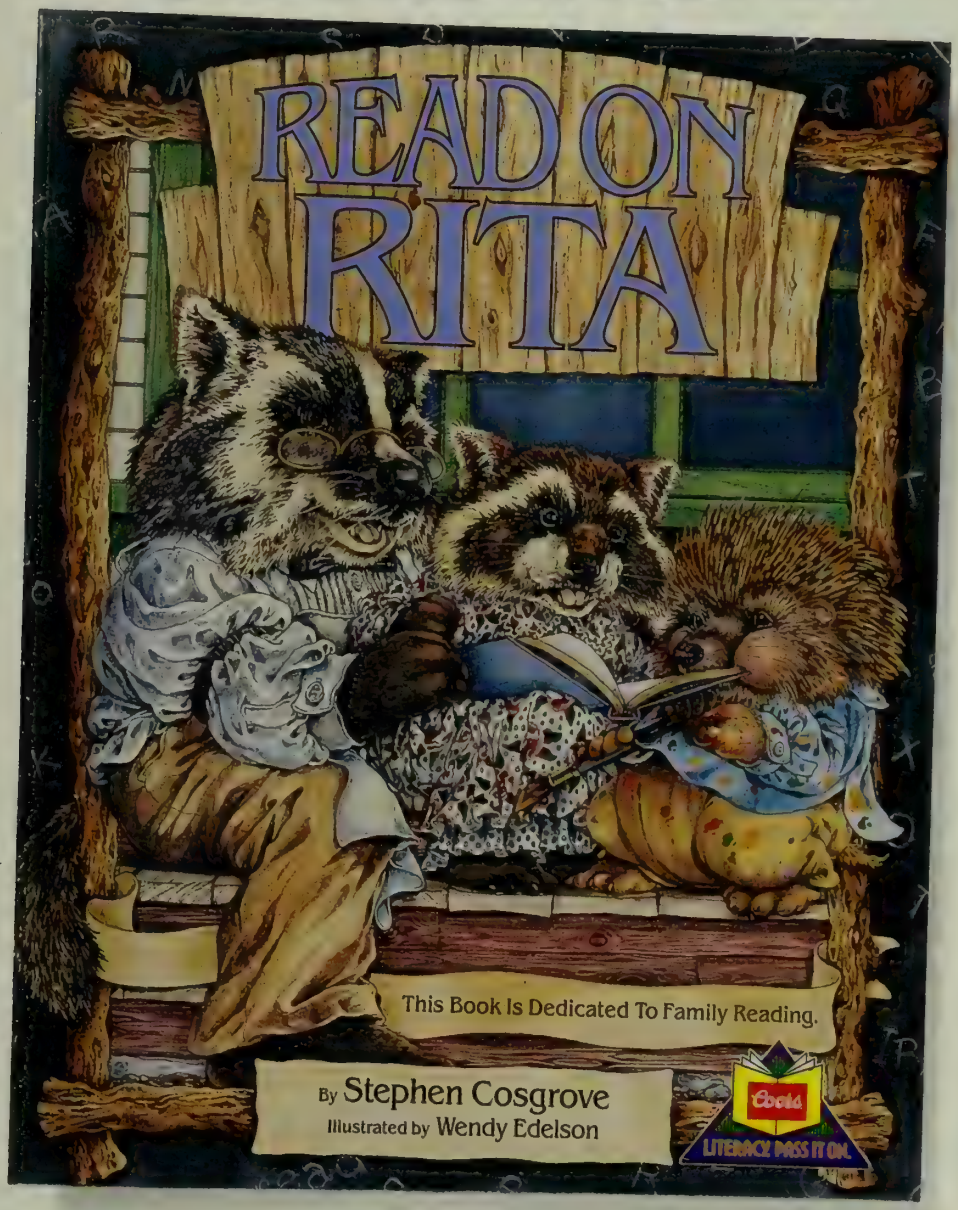
Like 44 percent of the parents who have changed schools in Minnesota, Jones cited academics. But convenience is another major factor influencing the decision to switch, according to a 1989 survey of Minnesota parents. More than one-quarter of the people moving from one district to another—26 percent—said they did it so their children would be closer to the parents' workplaces or closer to a younger child's day care.

HOW CHOICE FAILS

Although Jones' oldest child now drives, and can take the other kids to school, transportation is one of the problems often cited by choice critics. Low-income families don't have the spare money to get their kids to school. Some states, such as Minnesota, have agreed to pay for transpor-

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SCHOOL CHOICE

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tation for students who participate in the federal free lunch program. Transportation money for parents who may want to participate in classroom activities, parent-teacher conferences, or other school-related programs is not available, however. And for those who don't qualify for subsidies, choice may be no choice at all, a fact that troubles many educators.

What's more, choice plans most often mean that state money follows the student to a new school. Understandably, opponents fear that choice will improve the education of some students and leave others behind in weakened and poorly funded schools.

By itself, choice does nothing to change how schools work, critics say. It merely encourages parents to leave in search of greener pastures. And, they say, it forces schools out of the business of education and into the business of recruiting students.

For instance, the school district in Gloucester, Massachusetts, a middle-class community, has lost 69 students (and $100,000 in state aid) to nearby, affluent Manchester-by-the-Sea.

"For some people, there's a certain social status or cachet about going to school in Manchester," says Gloucester Superintendent of Schools William Leary. "I'd be in favor of choice if it was an even playing field. But the Massachusetts law (and its requirement that schools losing students pay tuition to receiving districts) doesn't make an even playing field."

Since 5 percent of the 2,600 students in the Westonka, Minnesota, school district left for nearby school districts, Westonka has struggled to keep students. "People said choice would help improve quality in schools, but not a dime of funding went along with it," says Westonka Superintendent James L. Smith.

School leaders there have spent every cent in the district's reserve fund to show parents how they're committed to improvement. The school board has agreed to fund some projects—such as new computers—that previously had been cut from the budget. They've also begun a marketing campaign touting the schools' plusses.

Another school-choice idea that rankles many in the education world involves tuition vouchers, which let parents use public funds to send their kids to private schools.

The city of Milwaukee is experimenting with such a concept, as hundreds of low-income children have taken the city up on its offer to provide vouchers worth $2,500 to pay for private school tuition. It's a small experiment, but one that's being closely watched around the country.

"The big issue is the use of public tax money to support church-supported schools," says Harold Hodgkinson of the Forum of Educational Organization Leaders, a Washington, D.C. coalition.

SPOTTING A GOOD PLAN

Choice plans vary state by state and community by community. The National Committee for Citizens in Education says that good plans have the following characteristics:

- **Lots of information and assistance for parents in choosing schools and learning what's available.**
- **Transportation for low- and moderate-income families.**
- **Safeguards against racial discrimination and segregation. Students should gain admission to schools not through competitive standards or "first-come, first-served" plans, but by lottery.**
- **Schools that offer many different programs to parents and students, not just one or two.**

THE BOTTOM LINE

What will these proposals do to the nation's public school system? The answers aren't clear because there haven't been any long-range studies on the use of choice in education.

Even where choice is in place, there hasn't been a dramatic number of students switching schools. After three years of open enrollment, fewer than 1 percent of Minnesota's students have taken advantage of the plan, says Peggy Hunter, the state's enrollment options coordinator.

Yet many people point to East Harlem School District Number 4 in New York City, where test scores and graduation rates have risen dramatically since the introduction of choice in the mid '70s. Still, skeptics say many factors, including teacher-led curriculum changes, contributed to the improvements at East Harlem.

"We think the best way to do choice is to keep it local—at the district level—so that parents are involved and are able to make a real choice," says Andrea DiLorenzo, a political analyst with the National Education Association, which opposes public funding of private schools. "We can see the value in the East Harlem program. It's home grown and there are actually diverse program offerings."

Choice does not have to mean crossing district lines to attend school, DiLorenzo points out. Some school districts offer a "school within a school," where unique programs and alternative teaching styles are available. Similarly, magnet schools, specifically designed programs that draw students from across the community, have also given parents a "choice" right in their own district.

Including tuition vouchers to private schools creates even greater options, argues Stanford University professor Moe, giving parents a "real" choice. "In a real choice system, schools would be under pressure to satisfy parents or watch them leave," he says. "Everyone can vote with their feet. It's please 'em or lose 'em."

"We need radical ideas to transform our schools," says Secretary of Education Alexander. "It's like going from the pony express to the telephone to the facsimile machine. It's throwing aside assumptions that have been held for a long time."

HOW TO GET INFORMATION

To learn more about choice and how it works, write to The Center for Choice in Education, U.S. Department of Education, Dept. BHG, Room 3053, 400 Maryland Avenue, SW, Washington, DC 20202. Or send $5 for *Public School Choice: An Equal Chance for All?* to the National Committee for Citizens in Education, 900 Second Street, NE, Suite 8, Dept. BHG, Washington, DC 20002. ■

—Andrea Atkins, a former education editor for Better Homes and Gardens® *magazine, is a free-lance writer living in New York City.*


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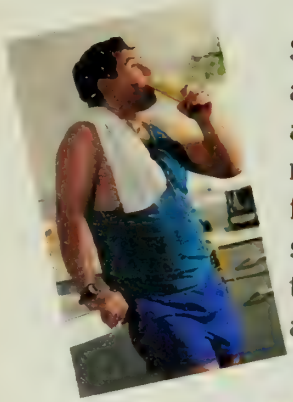
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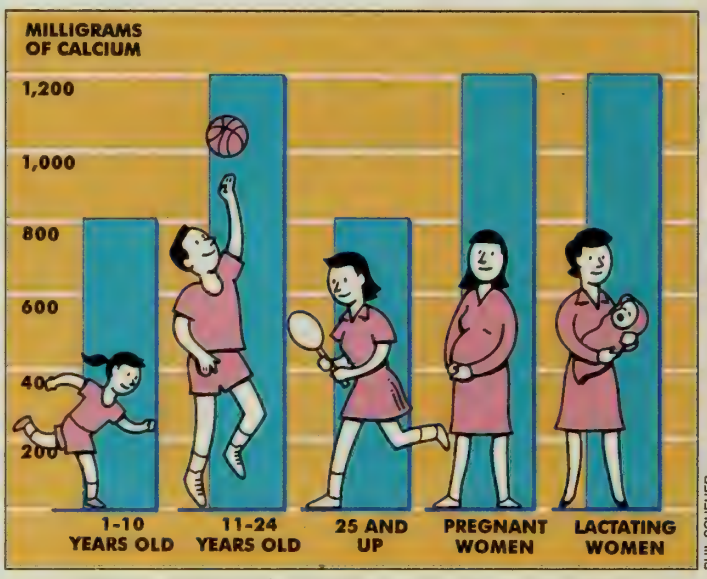
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CALCIUM
ARE YOU GETTING ENOUGH?



Make sure that your family's diet provides the recommended amount of calcium every day. To see how much calcium some foods contain, turn to page 42.

In the mid '80s, the news of widespread calcium deficiency may have sent you running to the dairy case. Unfortunately, the race to beat osteoporosis, a bone disease linked to calcium deficiency, is far from over.

Recent national studies indicate that, on average, American women are getting about *half* the amount of calcium that's recommended. Other surveys show that 65 percent of adult men, 90 percent of teenage girls, and 50 percent of children fall short on calcium intake, too.

HOW MUCH CALCIUM DO YOU NEED?

The following Recommended Dietary Allowances (RDAs) are the calcium levels your family should strive for every day. Keep them in mind as you plan meals and snacks and as you read package nutrition labels to make the best food choices.

Ages 1 to 10: 800 mg
Ages 11 to 24 years: 1,200 mg
Ages 25 and up: 800 mg*
Pregnant women: 1,200 mg
Lactating women: 1,200 mg

**Note:* The National Institute of Health suggests that women under age 50 should consume 1,000 milligrams of calcium a day and those over age 50 could benefit from 1,500 milligrams, but more research is needed to confirm this recommendation.

YOUR BEST BET FOR GETTING ENOUGH

Don't feel smug if your annual blood test shows your calcium level is in the acceptable range. Your body strives to keep blood calcium at a constant level, so it will rob your bones if you're not eating enough. And, when your bones lose calcium, they become brittle over time.

The best way to be sure that you are getting enough calcium is to eat enough calcium-rich foods. Every day, strive to eat anywhere from three to four servings of high-calcium foods, depending on the dietary allowance recommended for your age and sex (see *above* and *at left*). If you suspect you haven't been meeting your calcium needs for some time, the time to start is right now.

WHY CALCIUM IS CRITICAL

Most of the calcium in your body goes toward strengthening your bones and teeth. Calcium also plays a crucial role in helping your heart beat, your nerves react, your blood clot, and your muscles flex. All of that calcium must come from one critical place—the food you eat.

Diets low in calcium can lead to osteoporosis (fragile bones). About 25 million Americans have had bones weaken or fracture due to osteoporosis. In the U.S., one person dies every 7 minutes from complications of this debilitating disease. Many experts agree that getting enough calcium can delay and possibly prevent the onset of osteoporosis. Other factors have been linked to osteoporosis.

- **Being a woman:** Post-menopausal or thin, fair-haired women are more likely to get the disease.
- **Being older:** Calcium absorption naturally decreases with age, making exercise and adequate calcium and vitamin D intake more crucial.
- **Not getting enough Vitamin D:** Your body needs this vitamin to utilize calcium.
- **Exercising too little:** Regular weight-bearing activity seems to protect against osteoporosis.

Besides calcium's link with osteoporosis, there also appears to be a connection between inadequate calcium intake and premenstrual syndrome (PMS), dental disease, hypertension, and colorectal cancer.

continued on page 42

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CALCIUM

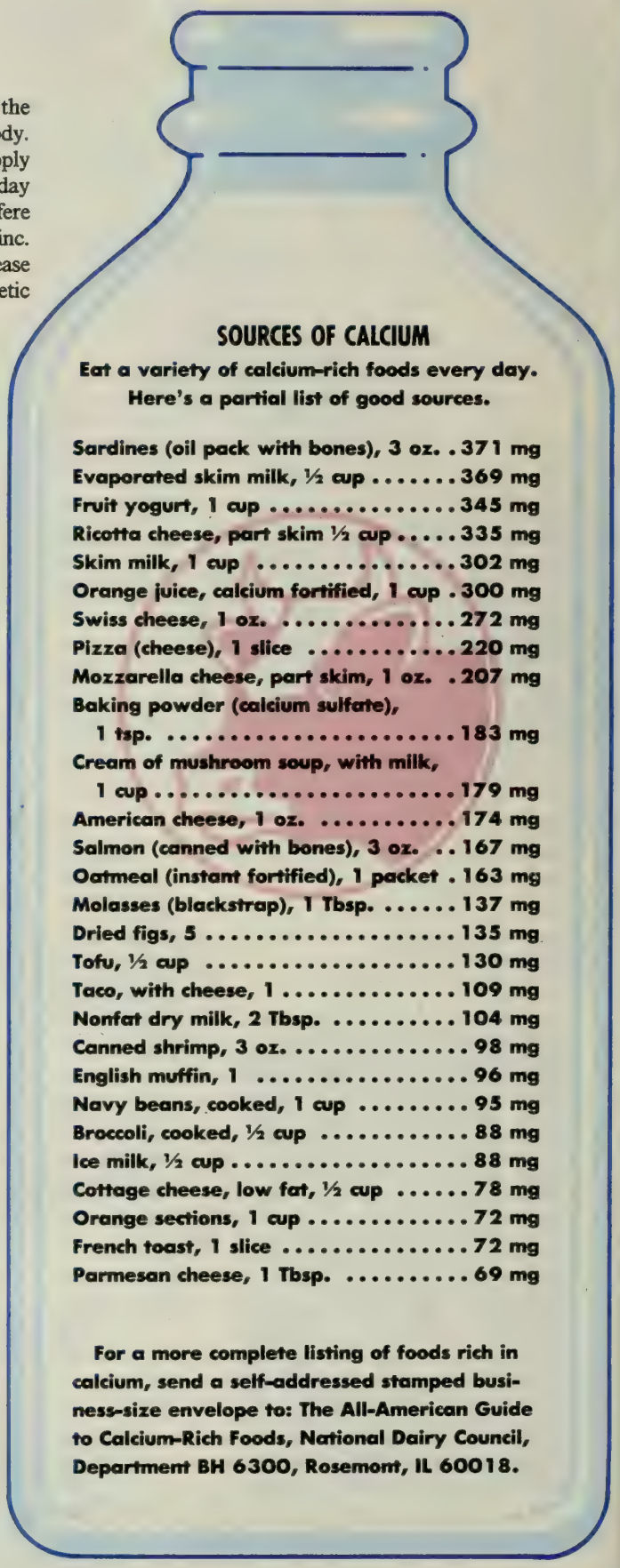
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A WORD ABOUT CALCIUM SUPPLEMENTS

The food you eat is the best source of calcium because the calcium in food is more readily absorbed by your body. Supplements are an alternative source, but they can supply too much calcium. Up to 2,500 milligrams of calcium a day will not cause any problems, but higher levels may interfere with the absorption of other minerals, such as iron and zinc. Excess calcium can also cause constipation and can increase the risk of kidney stones in people who have a genetic propensity to form them. If you feel you should supplement your diet with calcium, discuss it first with your doctor and a registered dietitian.

20 EASY WAYS TO GET MORE CALCIUM

1. **Drink milk with your meals or as a snack.**
2. **Work out regularly. Regular exercise seems to make calcium more available to the bones.**
3. **Use milk instead of water to prepare cream soups.**
4. **Put a slice of cheese in your sandwich.**
5. **Stop smoking. Studies have shown that smoking impedes calcium absorption.**
6. **Eat yogurt or frozen yogurt for snacks.**
7. **Add a spoonful of nonfat dry milk to creamy soups, casseroles, sauces, and beverages.**
8. **Substitute yogurt for sour cream or mayonnaise, or for butter on baked potatoes.**
9. **Sprinkle shredded or grated cheese onto salads, soups, and casseroles.**
10. **Cook calcium-rich vegetables in a small amount of water for a short period of time.**
11. **Drink calcium-fortified orange, grapefruit, or apple juice.**
12. **When your stomach is upset, look for calcium-rich antacids without aluminum. Aluminum will cause you to excrete more calcium.**
13. **Leave in the tiny calcium-rich bones in canned salmon, tuna, and sardines.**
14. **In cooking, substitute ricotta for cottage cheese and gain an extra 257 mg of calcium per ½ cup.**
15. **Practice moderation when drinking coffee, tea, soft drinks, and alcohol. Excess caffeine, oxalates (in tea), phosphorus (in soft drinks), and alcohol all can hinder calcium absorption.**
16. **Look for baking powder made with calcium sulfate.**
17. **Use molasses as a sweetener in baking. It contains 137 mg of calcium per tablespoon.**
18. **Eat reasonable portions (3-ounce) of protein-rich meat, fish, and poultry. Excess protein will cause you to excrete more calcium.**
19. **Try dried figs (27 mg of calcium per fig) for a quick-energy snack.**
20. **For richness in sauces and desserts, use evaporated skim milk instead of cream and get another 256 mg of calcium per ½ cup.** BH&G



SOURCES OF CALCIUM

Eat a variety of calcium-rich foods every day. Here's a partial list of good sources.

Sardines (oil pack with bones), 3 oz.	371 mg
Evaporated skim milk, ½ cup	369 mg
Fruit yogurt, 1 cup	345 mg
Ricotta cheese, part skim ½ cup	335 mg
Skim milk, 1 cup	302 mg
Orange juice, calcium fortified, 1 cup	300 mg
Swiss cheese, 1 oz.	272 mg
Pizza (cheese), 1 slice	220 mg
Mozzarella cheese, part skim, 1 oz.	207 mg
Baking powder (calcium sulfate), 1 tsp.	183 mg
Cream of mushroom soup, with milk, 1 cup	179 mg
American cheese, 1 oz.	174 mg
Salmon (canned with bones), 3 oz.	167 mg
Oatmeal (instant fortified), 1 packet	163 mg
Molasses (blackstrap), 1 Tbsp.	137 mg
Dried figs, 5	135 mg
Tofu, ½ cup	130 mg
Taco, with cheese, 1	109 mg
Nonfat dry milk, 2 Tbsp.	104 mg
Canned shrimp, 3 oz.	98 mg
English muffin, 1	96 mg
Navy beans, cooked, 1 cup	95 mg
Broccoli, cooked, ½ cup	88 mg
Ice milk, ½ cup	88 mg
Cottage cheese, low fat, ½ cup	78 mg
Orange sections, 1 cup	72 mg
French toast, 1 slice	72 mg
Parmesan cheese, 1 Tbsp.	69 mg

For a more complete listing of foods rich in calcium, send a self-addressed stamped business-size envelope to: The All-American Guide to Calcium-Rich Foods, National Dairy Council, Department BH 6300, Rosemont, IL 60018.

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HOME (SNIFF!) HOME
Household allergies are nothing to sneeze at



Reactions to common household chemicals have been around for centuries. What is different today is the sheer number of people who suffer. Some people even call the problem 20th Century Disease.

You don't have to be allergic to be affected. Although allergy-producing products are present in most homes, *irritants* are also common. These chemicals affect everyone, not just an unlucky few, notes Harold Nelson, M.D., Senior Staff Physician with the National Jewish Center for Immunology and Respiratory Medicine.

Why the sudden increase in allergic reactions to household chemicals? Blame the Arab oil embargo of the early 1970s. When builders started sealing up houses to cut fuel bills, they also started sealing in all sorts of common chemicals. As they build up, many of these chemicals and other irritants can cause runny noses, stuffy heads, headaches, and wheezing.

A CHEMICAL FEAST

Here's a look at some of the most common problem-causing household chemicals, and strategies for protecting yourself and your family.

Formaldehyde. This is the most common chemical irritant in modern buildings. It's hard to build a house without formaldehyde—the chemical is in plywood, particleboard, stain-resistant carpets, insulation, and adhesives used for flooring. Exposure to formaldehyde can bring on a sore throat and a tingling nose.

The good news is that the amount of formaldehyde emitted by these products decreases over time. So if you have a problem with new carpet this week, you might not have the same problem next year.

Pesticides. Read the label on any pesticide; these products can be very dangerous to your family and pets if used or stored improperly. A disturbing nationwide survey by the EPA in 1987 showed that fewer than 50 percent of consumers read the labels on pesticides.

Usually, pesticide irritation means problems with your skin, eyes, or respiratory tract. Pesticides can also affect your digestive tract (nausea, diarrhea) and nervous system (headache, dizziness).

Alternative natural pesticides are worth considering. According to William Rea, M.D., director of the Environmental Health Center in Dallas, boric acid, available in most home and garden stores, will stop crawling bugs without the harsh chemicals. In fact, you'll find a host of less toxic pest controls at most garden centers.

Nitrogen dioxide. This odorless gas arises from unvented gas stoves and heaters. Nitrogen dioxide can cause respiratory problems in children, says John Whysner, M.D., Ph.D., executive secretary of the Environmental Health & Safety Council, American Health Foundation.

Carbon monoxide. Gas appliances, including furnaces and stoves, emit this deadly by-product. At low doses, carbon monoxide causes dizziness and flulike symptoms; at higher doses, the gas is lethal. Using ventilation fans around gas appliances and keeping burners properly adjusted can help reduce problems.

Solvents. Many household products contain hazardous chemicals. Benzene—found in paints, varnishes and solvents—can cause respiratory problems. Trichloroethylene—found in household cleaners and degreasers—can cause fatigue and dizziness. The key to avoiding problems with household products is to read the label and use the products only as directed.

Latex. Allergies to this rubberlike compound are most often seen in health-care workers who must wear latex gloves, according to Jordan Fink, M.D., chief of the allergy division of the Medical College of Wisconsin. Some people have also had reactions to latex condoms and to latex balloons used in some medical procedures.

While there are pills and ointments that can be used to treat latex allergies, Dr. Fink says that it's more important to avoid latex if you have a problem.

Dyes. Cloth dyes, especially dark blue, cause skin reactions in many people. Washing clothes before wearing them will get rid of excess dye that may cause problems.

continued on page 46



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Patricia Allen, M.D., Gynecologist
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HOME (SNIFF!) HOME

continued from page 44

Even after years of usage, hair dyes can also cause allergic problems that range from an itchy head to severe hair loss. Manufacturers of hair dyes recommend that you test the hair color on a small patch on your arm 24 hours before using it. Because an allergy is a reaction that builds with each exposure, it's important to do the test each time you color your hair.

IT'S ONLY NATURAL

We can't blame chemical makers for all our sneezing and wheezing. Nature must shoulder a portion of the blame as well. In fact, the number one household allergen is. . .

Dust. "When you say 'house dust,' " explains Dr. Nelson, "people think of the little specks floating in the air when the sun beams through the window." In reality, it isn't the dust that gets you, but waste products of too-tiny-to-see dust mites.

Dust mites live in house dust, so whatever you can do to get rid of dust will get rid of mites. Because dust settles from the air very quickly, bedding, furniture, and carpets are the dustiest places in your house. Washing all bedding and vacuuming furniture and carpets weekly will cut down substantially on dust.

Getting the dust out of the air is easier, but less effective. Air filters trap only the dust in the air, so any dust that has already fallen to the ground stays put. Combining regular cleaning with air filters might be more effective, since a filter will trap the air that cleaning stirs up. Changing your furnace filter helps, too.

Pet dander. Here's the second most common allergen in the home. Animals naturally shed dander (dead skin cells) which becomes part of house dust. While rigorous cleaning may help for someone with a mild allergy, in most cases, Fluffy or Fido is going to have to go outside. (Or be limited to certain rooms of the house.)

Molds. These simple organisms thrive in areas of high humidity. Even if your climate is not naturally humid, using a humidifier in your home can encourage the growth of molds.

"Just by increasing indoor humidity," says Dr. Nelson, "you encourage mold growth and dust mites." Keep humidity in your home to a minimum by running air conditioning or a dehumidifier during humid seasons.

PROTECTION POINTERS

There are two important strategies for reducing problems from indoor air pollution or allergens:

First, control the source. In most cases, reducing your exposure to the allergen or irritant will clear up your stuffy head or dizziness fairly quickly. That means getting rid of dust, household products, or whatever irritant is causing your problem.

Second, improve your ventilation. Many problems occur because there is no outside air to dilute the effects of chemicals and allergens. Use attic and exhaust fans on a regular basis to remove indoor air pollution. And you might want to open the windows from time to time to let fresh air in.

Information sources. To find out more about allergies and irritants, try these resources:

- Allergies—American Academy of Allergy & Immunology, 800/822-2762
- Pesticides—National Pest Control Telecommunications Network 800/858-PEST
- Environmental Illness—American Academy of Environmental Medicine, 303/622-9755.
- "The Inside Story: A Guide to Indoor Air Quality (Item 433Y)" is a 32-page government booklet. To order, send 50 cents to R. Woods, Consumer Information Center-2A, P.O. Box 100, Pueblo, CO 81002. Include booklet name and item number.

ARE YOU ALLERGIC TO EVERYTHING?

Some people claim to be allergic to virtually all artifical chemicals, even in tiny amounts. Among the suspected allergens are printer's ink, adhesives, plastics, and a host of other artifacts of modern life.

A lot of controversy surrounds such so-called environmental illness (EI). One research study might report that EI is a real disorder, while the next declares that EI sufferers have underlying psychological problems.

Some of the medical practitioners who specialize in EI call themselves "clinical ecologists." This specialty is also a topic of controversy. Education and training guidelines for clinical ecologists exist but aren't recognized by most mainstream allergy specialists.

According to Earon Davis, an environmental health consultant in Evanston, Illinois, many physicians don't use the term "clinical ecologist" because of the term's use by nonphysicians. "We currently use the term "environmental medicine" to refer to the study of how the environment impacts human health," says Davis.

According to clinical ecology, chemicals in our environment can build up in the body through years of casual exposure or through one major exposure, such as a chemical spill. Sherry Rogers, M.D., an allergist specializing in environmental medicine in Syracuse, New York, says that the human body can eliminate chemical toxins in small amounts, but large amounts will eventually overload the system. The resulting sensitivity to chemicals can be treated only by avoiding chemical exposure and establishing a healthful diet.

One diagnostic procedure used by clinical ecologists is called provocation neutralization. Practitioners give the patients a graduated series of injections of the suspected problem substance. Such provocation neutralization seeks to establish the amount of allergen needed to provoke symptoms, say clinical ecologists. Traditional allergists say the procedure is ineffective and lacks scientific validity.

Claims that EI is psychological are very disturbing to those who experience problems. Some studies, called flawed by environmental medicine specialists, have shown an increased incidence of mental problems in sufferers of EI.

"We don't know why some people develop EI," says Earon Davis. "We all understand that we don't know everything about the problem. Hopefully, we're reaching a point where we can have dialogue and cooperation."



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THE NEW FOOD ADDITIVES

Can they really deliver flavor without guilt?



STEVE BJÖRKMAN

Diet-crazed America is embracing the new low-fat, low-calorie foods—or so say the supermarket sales figures. Many of these guilt-free treats depend on additives to create the flavors and textures we crave. But can these test-tube treats really deliver on their promises? Here's an update on this brave new world of sin-free dining.

The great debates. Most people, researchers included, take a cautious approach to the march of science into our kitchen. That's why additives, even when generally considered safe, continue to be subject to question.

Michael Jacobson, Ph.D., stands among the critics of several common additives. Jacobson is author of *Safe Food: Eating Wisely in a Risky World*, and executive director of the Center for Science in the Public Interest, a consumer watchdog and research group. CSPI is the most prominent critic of several food additives. Jacobson argues that artificial sweeteners and the fat substitute Olestra, currently under review by the FDA, should undergo additional safety testing before being approved for use in food.

Debate also swirls around the nutritional benefits of using additives. Research points toward clear benefits from eating less fat than the average American diet provides, and from maintaining a "desirable" weight. There is no clear evidence that consuming artificial fats or sweeteners will lead automatically to weight loss or better health.

"It's great as a nutritionist to see manufacturers working to create low-fat, high-fiber foods," says Linda Antinoro, a registered dietician at Brigham and Women's Hospital in Boston. But, she warns, food substitutes cannot replace sound nutrition. Everyone, Antinoro says, should eat more fruits, vegetables, and whole grains, while cutting back on processed foods. "I'm a little concerned about giving these new substances to children rather than teaching them good eating habits," she explains.

Still, imitation foods may quench our craving for more fat and calorie-laden choices. Here's what is currently on supermarket shelves, or may be soon, along with some concerns voiced by critics.

FAT SUBSTITUTES

This is one of the fastest-growing categories of fake foods. The most promising substitutes mimic the so-called "mouth-feel" of fat, but pack fewer calories or none at all.

Simplesse. Developed by The NutraSweet Company, this is a blend of egg white and/or milk protein whipped to a creamlike consistency. Simplesse is used in "Simple Pleasures," a frozen dessert with less than 1 gram of fat per serving. A new version of Simplesse, made with whey, can be used in baked goods.

Concerns: Simplesse is considered safe, except for people with allergies to milk or eggs. The new "Simple Pleasures Light" contains aspartame (see section *below*), an additive approved by the FDA, but under fire from the CSPI.

Oatrim. Recently introduced into the marketplace, oatrim is designed to replace fat in meats, cheeses, baked goods, and frozen desserts. Extracted from oats, oatrim contains fewer calories than real fat. It has no cholesterol and may even lower existing cholesterol levels. Currently, you'll find oatrim in Con Agra's Healthy Choice Extra Lean Ground Beef.

Olestra. On paper, this yet-to-be-approved imitation fat sounds like the answer to our dieting prayers. It looks and tastes like the real thing, but can't be absorbed by the body, so it adds no fat, calories, or cholesterol. Because it stands up to heat, Olestra can be used for cooking and frying.

There's some evidence that Olestra can help us reduce dietary fat. In a study partly funded by Olestra's developer (Procter & Gamble), Barbara Rolls, Ph.D., at Johns Hopkins University, looked at whether this proposed fat substitute satisfies our craving for real fat. A group of normal-weight men were fed breakfast foods cooked with Olestra. Throughout the rest of the day, they didn't make up the difference in calories by eating more fat; instead they increased their intake of healthier carbohydrates (found in fruits, vegetables, and grains).

Concerns: Procter & Gamble Co. has spent many years

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WHAT MAKES CUPCAKES *luscious*, MARMALADE *marvelous* AND EVEN HALTS *your* HICCUPS?



Sugar, of course. You probably knew that sugar's natural goodness puts the jazz in your jelly, but you probably didn't know that a teaspoon of sugar is a great home remedy for hiccups. To find out how many other healthy, tasty and practical uses there are for sugar, take the quiz below. You'll be happy to discover just how sweet it is.

Q: Since sugar has only 16 calories per teaspoon, and most people need at least 1500 calories a day just to exist, what does this tell us about sugar, when eaten in moderation?

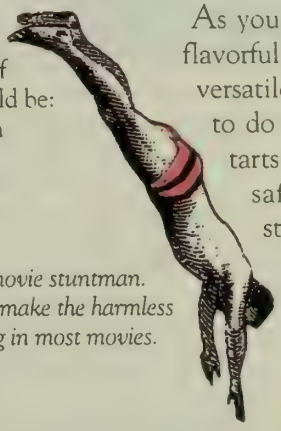
a) It's not particularly fattening
b) It's really fattening
c) I don't live in this neighborhood
d) You're standing on my foot

16 calories

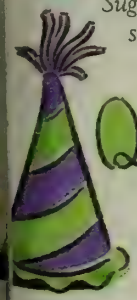
A: *a). Sugar, when eaten in moderation, is not particularly fattening, and makes healthy foods, like your breakfast bran, taste better.*

Q: If you dove through a sheet of sugar onto a trampoline, you would be:

a) A very disturbed person
b) A glutton
c) Running from the law
d) A movie stuntman



A: *d). Chances are you'd be a movie stuntman. Sugar, in solid form, is used to make the harmless stunt glass you see shattering in most movies.*



Q: Which of the following is a carbohydrate?

a) AMTRAK
b) An artificial sweetener
c) Sugar
d) A party hat

A: *c). Out of these, only sugar is a carbohydrate, which people need for energy. AMTRAK and party hats may contain carbohydrates, but you shouldn't eat them.*

Q: Most of the calories in rich desserts come from:

a) The evil gnome who lives under the bridge
b) Fat
c) Sugar
d) A bad attitude



A: *b). Fat. At 9 calories per gram, fat has more than twice the calories of sugar, at only 4 calories per gram. Using sugar to replace part of the fat in various recipes can actually reduce calories, making for healthy gnomes with good attitudes.*

As you can now see, sugar is not only flavorful, but also a healthful and very versatile food. For all-natural ways to do everything from tastify tarts to make scary stunts safe, sugar's a show-stopper every time.

sugar

IT'S MORE *than* GOOD TO EAT.

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FOOD ADDITIVES

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trying to get Olestra on the market. The FDA continues to review the product and has not yet approved its use in food. CSPI is trying to halt approval of the fat substitute until additional safety studies are completed.

ARTIFICIAL SWEETENERS

Extremely popular because they contain few or no calories, no-calorie and low-calorie sweeteners are added to many products. However, at one time or another, each has come under scrutiny on safety issues.

Aspartame. Common in diet soft drinks and candy, aspartame has widely replaced saccharin. Unfortunately, aspartame breaks down when heated, so it's generally not used in baked goods.

Aspartame is currently sold under the trade name NutraSweet. After reviewing extensive studies, the FDA concluded that aspartame is safe, except for people with PKU, a rare genetic disorder.

Concerns. Does aspartame help you lose weight? Several studies have shown *increased* hunger after ingesting aspartame. Other findings suggest a decreased appetite. A recent study by researcher Rolls failed to find that aspartame use leads to greater food intake. So, until more tests are completed, "you pays your money and you takes your chances."

Acesulfame-K. Also known as Sunette, this is the latest addition to the artificial sweetener line-up. Acesulfame-K has no calories and is 200 times sweeter than sugar. Its one advantage over aspartame is that it works well in baked goods.

The FDA has ruled that acesulfame-K is safe, as have regulatory bodies in 40 other countries. But it remains high on the CSPI hit list, amid charges that the safety testing process was inadequate.

Chris Lecos, an FDA representative, responds that the agency would not have approved the sweetener if tests showed a problem.

Saccharin. In 1977, this artificial sweetener was banned after studies showed it was a possible carcinogen. Following a public outcry, Congress stopped the FDA from prohibiting the sweetener. Products using saccharin carry the warning, "Use of this product may be hazardous to your health."

NEW FIBERS

You can soon expect to see more fiber-fortified foods on your supermarket shelves. But always increase fiber intake gradually; rapid changes in fiber intake can cause intestinal upset, warns dietician Linda Antinoro.

Oat fiber. This cellulose-based fiber is derived from oat hulls. It's sometimes called "invisible fiber" because it looks like refined flour. Some bakeries now add noncaloric oat fiber to white bread. The resulting bread has as much or more fiber than whole grain breads, but with the taste and texture typical of white bread.

Psyllium. Because of its cholesterol-lowering properties, this imported seed is showing up in some breakfast cereals where it boosts fiber levels. The FDA, however, has yet to approve it as a GRAS (Generally Recognized As Safe) food additive. GRAS approval applies to existing additives with a history of generally safe use.

Concerns. Psyllium is safe for most people. However, eating too much of this natural laxative can cause diarrhea in some people unaccustomed to it. Also, a very few people have reported serious allergic reactions to the substance.

NEW FOOD TECHNOLOGIES

These aren't additives in the strict sense of the word. But they could eventually have a large impact on the way our food is produced and distributed.

Bovine somatotropin (BST). Small amounts of this hormone, which is produced naturally by cows, have always been present in the milk supply. Researchers are now injecting select herds with laboratory-engineered versions of BST in hopes of boosting milk production by 10 to 25 percent.

Wide scale distribution of milk from BST-treated cows is subject to FDA approval. Presently, milk from test herds accounts for less than 1 percent of the milk supply. It's not labeled because federal regulators consider it the same as regular milk.

"The FDA, along with many scientific organizations, concluded that BST-treated cows produce safe milk," says former FDA spokesperson Bonnie Aikman. Nevertheless, the public is wary. Some supermarket chains won't carry this milk and several major food companies won't use it in their products.

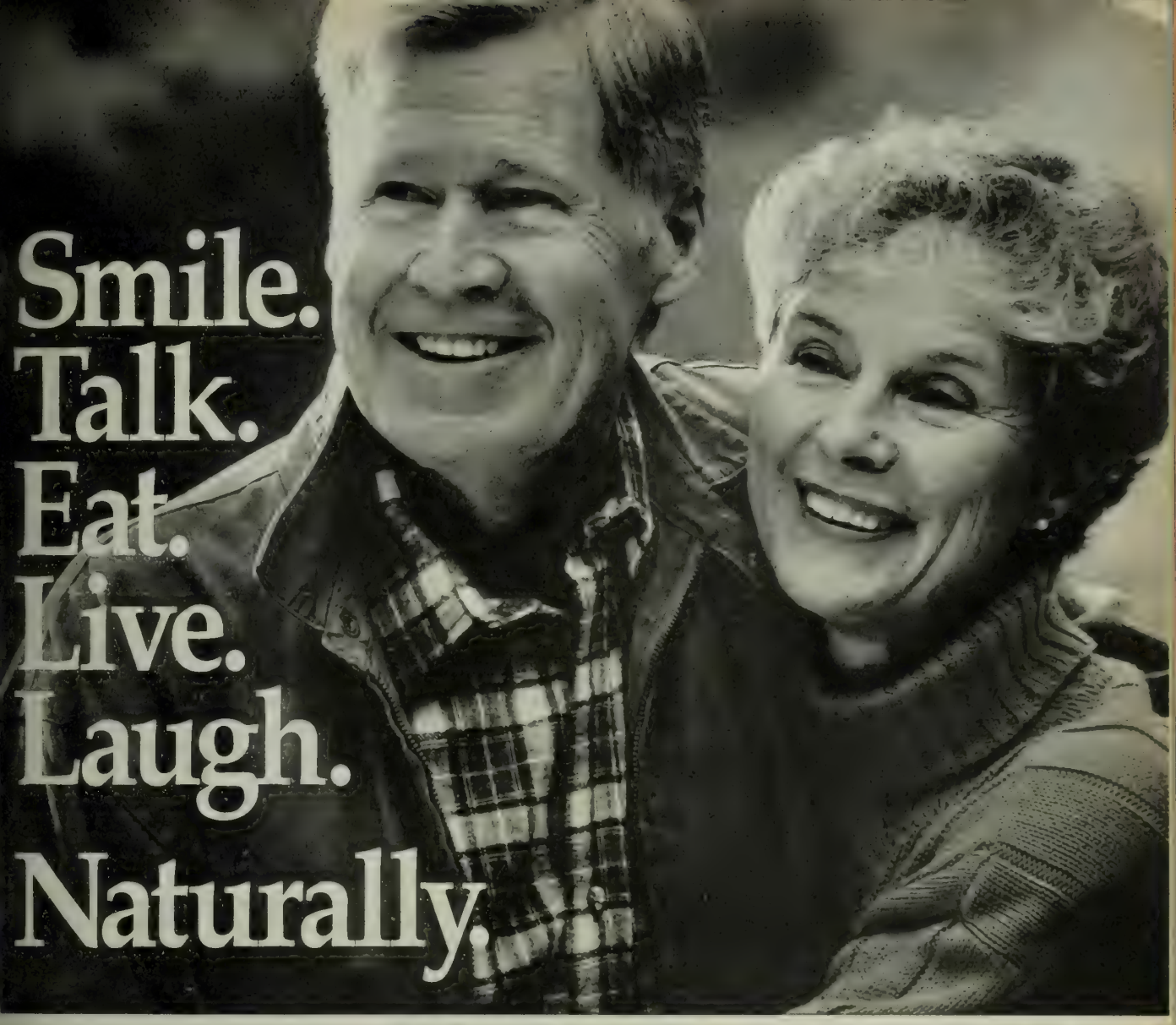
Food irradiation. The FDA says this controversial technology safely kills trichinella in pork and salmonella in poultry. It may also delay spoilage of produce and control insects in fresh fruits and vegetables. But don't look for large quantities of radiation-treated food soon in your grocery store. Fearing consumer backlash, some grocery stores won't carry irradiated foods.

Irradiated food must be labeled. Dried seasonings, however, are exempt from this labeling mandate. Already, an estimated 20 percent of the spices we consume are irradiated, according to Bill Hargraves of Vindicator, Inc., a Florida-based irradiation firm.

Concerns: Irradiation doesn't make food radioactive. Still, Food & Water, a New York-based consumer group, points out that it creates "radiolytic compounds." Some of these substances aren't normally found in food, although FDA researchers say they resemble natural food components. Critics of irradiation are calling for additional testing.

As technology continues to reshape our eating habits, the basic tenets of good nutrition shouldn't change, says dietician Antinoro. "Stick to the old standbys—moderation, balance, and variety—whether you're eating food substitutes or not."

You can soon expect to see more fiber-fortified foods on your supermarket shelves. But always increase fiber intake gradually to give your body time to adjust.



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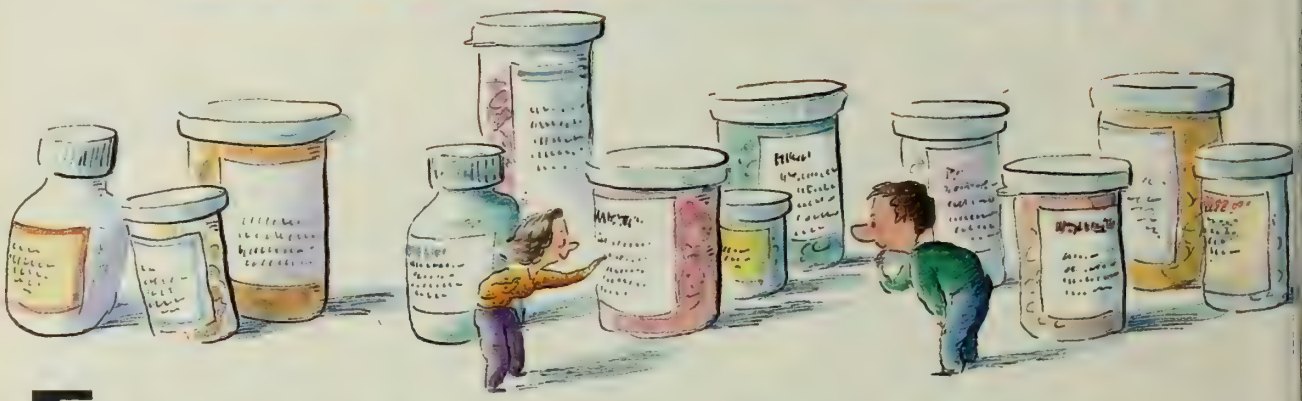
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Dental Specialists Working To Improve Your Total Health

THE RIGHT WAY TO TAKE YOUR MEDICINE

Answers to common questions



Even the simplest instructions on a medicine bottle can get confusing. Have you ever wondered, for instance, whether "Take three times daily" is the same as "Take every eight hours"? (Hint: It's not.)

That's why we went to some of the top family doctors in the country—people on the front lines of medicine—to quiz them on the problems they run up against time and again. Here's what they told us, along with their advice on preventing mistakes before they can jeopardize your health.

If the label says "take three times a day," should I wake my child to give her the medicine? No, responds Cheston M. Berlin, M.D., a pediatrician who is active in the American Academy of Pediatrics. "If the label says 'three times a day,' you can space out the drug during waking hours—say at 8 a.m., 2 p.m., and 8 p.m. But if the label says 'Take every eight hours,' then you should keep the doses spaced as close to eight hours apart as possible." Some drugs, says Dr. Belin, require precise timing to keep blood levels as even as possible. Antiseizure drugs are a good example.

I can't swallow pills. Can I crush them? Generally, yes, but there are important exceptions, notes Michael Fleming, M.D., a committee chairperson with the American Academy of Family Physicians. Pills and capsules designed to work over an extended period—so-called timed-release medicines—shouldn't be broken or crushed. Doing so risks releasing all the drug into the bloodstream at once. Pills that shouldn't be crushed will be marked on the label.

A better solution, suggested our experts, is to ask your doctor for an alternative form of the medicine. If you can't stomach pills, a liquid may be available, or a powder you can sprinkle on foods.

How about dissolving medicines in juice? Again, that's generally OK, provided the patient takes the whole dose and doesn't leave it in the bottom of the glass. Dr. Berlin recommends dissolving medicines in a little chocolate syrup for kids. One particular warning: never mix tetracycline with anything containing milk, which counteracts the drug. Again, drugs that shouldn't be mixed with food will be marked with a warning.

If the label says "take with meals," will taking the medication between meals cause a problem?

The most common reason drugs are taken with food is to avoid an upset stomach, notes P. John Seward, M.D., a trustee of the American Medical Association. Many drugs used to fight inflammation, for instance, can cause gastric distress when taken on an empty stomach. Taking these drugs with or soon after a meal usually minimized the problem.

How about labels that say "take between meals"? Some medications react with certain foods, and should therefore be taken between meals. Tetracycline and milk was mentioned above, but the list of hazardous interactions is lengthy. Certain antidepression drugs, called MAO inhibitors, interact with aged cheese, wine, and other foods containing a chemical called tyramine. So-called blood-thinning drugs (anticoagulants) can react with foods high in vitamin K.

My elderly father sometimes forgets to take his medications. What can I do about that?

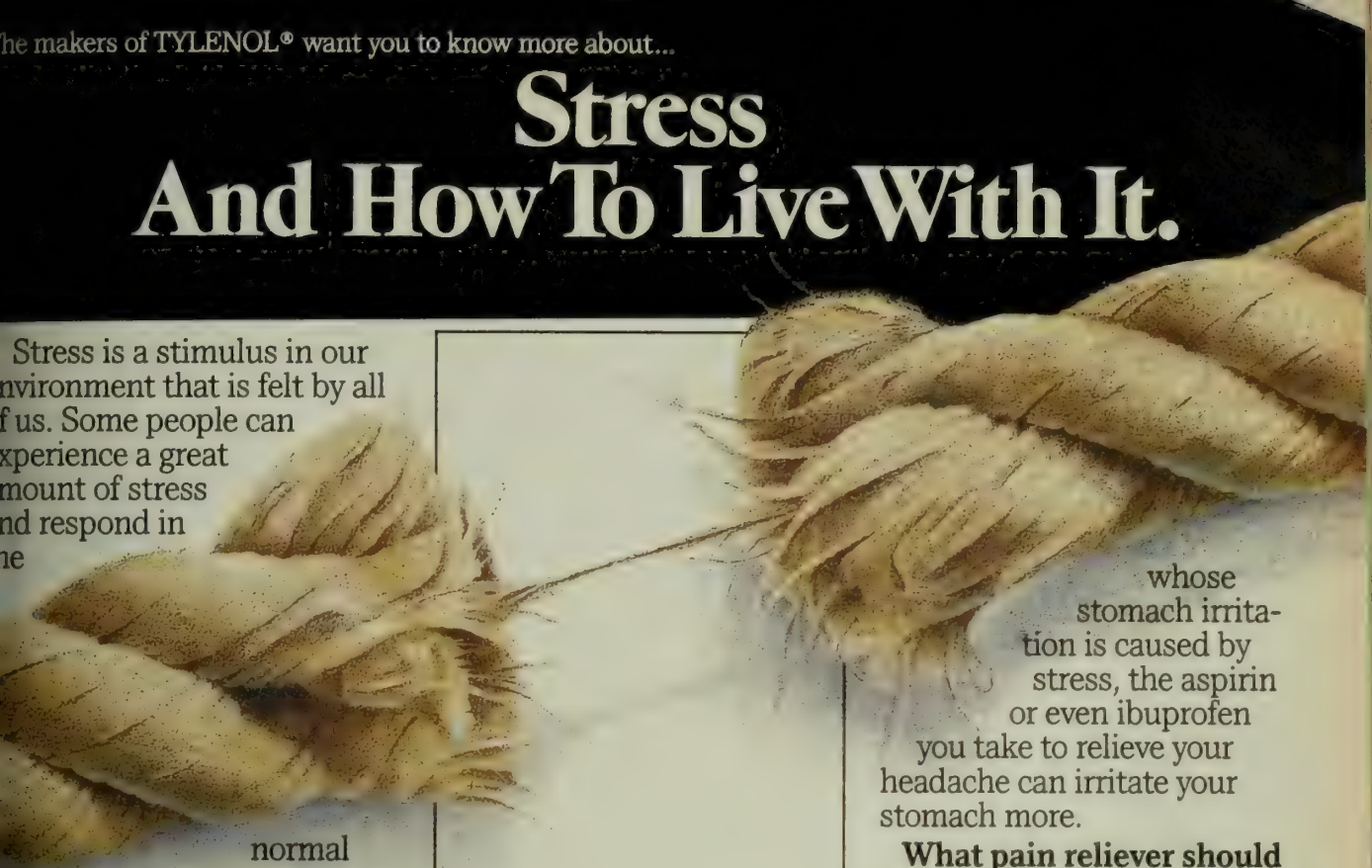
Ask the patient's doctor if a time-release version (one-a-day or one-a-week) version of the medicine is available. Long-acting pills or stick-on drug patches are increasingly available for drugs that need to be taken for extended periods. You might also ask the doctor whether your father needs to be taking so many different medications. Finally, consider getting him a compartmented pill holder to remind him when to take which medicines.

Do I have to keep taking my medicine even if I feel better? In many cases, yes. According to Dr. Seward, one of the most common mistakes patients make is failing to finish a full course of antibiotics. Often, you'll feel better in a couple of days. You've knocked the bacteria down, Dr. Seward says, but you haven't knocked them out. Stopping before you finish the medicine gives the bugs a chance to come back stronger. Such rebound infections can be more

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The makers of TYLENOL® want you to know more about...

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Some stress is good.

Stress can help us deal with everyday life and sudden emergencies. It can stimulate us to manage life's problems, and adapt to changing influences. Normal stress can be equated with the normal stimuli of life. Without some degree of stress, we might not get up every day and go to work.

Excess stress can be a problem.

Almost everyone is faced with an excess of stress at times. But we can learn to handle it and make it manageable. To people less able to deal with a lot of stress, changes can occur in body chemistry which can result in headaches or stomach irritation.

The problem with some pain relievers.

The headaches that result from stress can usually be relieved with over-the-counter pain relievers. Trouble is, if you're one of those people whose stomach irritation is caused by stress, the aspirin or even ibuprofen you take to relieve your headache can irritate your stomach more.

What pain reliever should you take?

Doctors know that TYLENOL won't cause the stomach irritation that aspirin and even ibuprofen can. Talk to your doctor, and learn how to deal effectively with your headaches without the risk of stomach irritation—even though you lead a stressful life.

Other ways to handle stress.

To reduce tension within yourself, you might consider exercise programs to help you relax.

Spend time with the books you've been promising to read. Listen to music. Take a walk.

But, when other ways of relieving stress don't work and you have to deal with a headache, remember TYLENOL.

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(nitroglycerin)
TRANSDERMAL DELIVERY SYSTEM

BRIEF SUMMARY

INDICATIONS AND USAGE

This drug product has been conditionally approved by the FDA for the prevention of angina pectoris due to coronary artery disease. Tolerance to the anti-anginal effects of nitrates (measured by exercise stress testing) has been shown to be a major factor limiting efficacy when transdermal nitrates are used continuously for longer than 12 hours each day. The development of tolerance can be altered (prevented or attenuated) by use of a noncontinuous (intermittent) dosing schedule with a nitrate-free interval of 10–12 hours.

Controlled clinical trial data suggest that the intermittent use of nitrates is associated with decreased exercise tolerance, in comparison to placebo, during the last part of the nitrate-free interval; the clinical relevance of this observation is unknown, but the possibility of increased frequency or severity of angina during the nitrate-free interval should be considered. Further investigations of the tolerance phenomenon and best regimen are ongoing. A final evaluation of the effectiveness of the product will be announced by the FDA.

CONTRAINDICATIONS: Allergic reactions to organic nitrates are extremely rare, but they do occur. Nitroglycerin is contraindicated in patients who are allergic to it. Allergy to the adhesives used in nitroglycerin patches has also been reported, and it similarly constitutes a contraindication to the use of this product. **WARNINGS:** The benefits of transdermal nitroglycerin in patients with acute myocardial infarction or congestive heart failure have not been established. If one elects to use nitroglycerin in these conditions, careful clinical or hemodynamic monitoring must be used to avoid the hazards of hypotension and tachycardia. A cardiovertor/defibrillator should not be discharged through a paddle electrode that overlies a MINITRAN patch. The arcing that may be seen in this situation is harmless in itself, but it may be associated with local current concentration that can cause damage to the paddles and burns to the patient. **PRECAUTIONS:** General: Severe hypotension, particularly with upright posture, may occur with even small doses of nitroglycerin. This drug should therefore be used with caution in patients who may be volume depleted or who, for whatever reason, are already hypotensive. Hypotension induced by nitroglycerin may be accompanied by paradoxical bradycardia and increased angina pectoris. Nitrate therapy may aggravate the angina caused by hypertrophic cardiomyopathy. As tolerance to other forms of nitroglycerin develops, the effect of sublingual nitroglycerin on exercise tolerance, although still observable, is somewhat blunted. In industrial workers who have had long-term exposure to unknown (presumably high) doses of organic nitrates, tolerance clearly occurs. Chest pain, acute myocardial infarction, and even sudden death have occurred during temporary withdrawal of nitrates from these workers, demonstrating the existence of true physical dependence. Several clinical trials in patients with angina pectoris have evaluated nitroglycerin regimens which incorporated a 10–12 hour nitrate-free interval. In some of these trials, an increase in the frequency of anginal attacks during the nitrate-free interval was observed in a small number of patients. In one trial, patients demonstrated decreased exercise tolerance at the end of the nitrate-free interval. Hemodynamic rebound has been observed only rarely; on the other hand, few studies were so designed that rebound, if it had occurred, would have been detected. The importance of these observations to the routine, clinical use of transdermal nitroglycerin is unknown. **Information for Patients:** Daily headaches sometimes accompany treatment with nitroglycerin. In patients who get these headaches, the headache may be a marker of the activity of the drug. Patients should resist the temptation to avoid headaches by altering the schedule of their treatment with nitroglycerin, since loss of headache may be associated with simultaneous loss of anti-anginal efficacy. Treatment with nitroglycerin may be associated with lightheadedness on standing, especially just after rising from a recumbent or seated position. This effect may be more frequent in patients who have also consumed alcohol. After normal use, there is enough residual nitroglycerin in discarded patches that they are a potential hazard to children and pets. A patient leaflet is supplied with the systems. **Drug Interactions:** The vasodilating effects of nitroglycerin may be additive with those of other vasodilators. Alcohol, in particular, has been found to exhibit additive effects of this variety. **Carcinogenesis, Mutagenesis, and Impairment of Fertility:** No long-term animal studies have examined the carcinogenic or mutagenic potential of nitroglycerin. Nitroglycerin's effect upon reproductive capacity is similarly unknown. **Pregnancy Category C:** Animal reproduction studies have not been conducted on nitroglycerin. It is also not known whether nitroglycerin can cause fetal harm when administered to a pregnant woman or whether it can affect reproductive capacity. Nitroglycerin should be given to a pregnant woman only if clearly needed. **Nursing Mothers:** It is not known whether nitroglycerin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when nitroglycerin is administered to a nursing woman. **Pediatric Use:** Safety and effectiveness in children have not been established. **ADVERSE REACTIONS:** Adverse reactions to nitroglycerin are generally dose-related, and almost all of these reactions are the result of nitroglycerin's activity as a vasodilator. Headache, which may be severe, is the most commonly reported side effect. Headache may be recurrent with each daily dose, especially at higher doses. Transient episodes of lightheadedness, occasionally related to blood pressure changes, may also occur. Hypotension occurs infrequently, but in some patients it may be severe enough to warrant discontinuation of therapy. Syncope, crescendo angina, and rebound hypertension have been reported but are uncommon. Extremely rarely, ordinary doses of organic nitrates have caused methemoglobinemia in normal-seeming patients. Methemoglobinemia is so infrequent at these doses that further discussion of its diagnosis and treatment is deferred (see **Overdosage**). Application-site irritation may occur but is rarely severe. In two placebo-controlled trials of intermittent therapy with nitroglycerin patches at 0.2 to 0.8 mg/hr, the most frequent adverse reactions among 307 subjects were as follows:

	placebo	patch		placebo	patch
headache	18%	63%	hypotension and/or syncope	0%	4%
lightheadedness	4%	6%	increased angina	2%	2%

OVERDOSAGE: Hemodynamic Effects: The ill effects of nitroglycerin overdose are generally the results of nitroglycerin's capacity to induce vasodilatation, venous pooling, reduced cardiac output, and hypotension. These hemodynamic changes may have protean manifestations, including increased intracranial pressure, with any or all of persistent throbbing headache, confusion, and moderate fever; vertigo; palpitations; visual disturbances; nausea and vomiting (possibly with colic and even bloody diarrhea); syncope (especially in the upright posture); air hunger and dyspnea, later followed by reduced ventilatory effort; diaphoresis, with the skin either flushed or cold and clammy; heart block and bradycardia; paralysis; coma; seizures; and death. Laboratory determinations of serum levels of nitroglycerin and its metabolites are not widely available, and such determinations have, in any event, no established role in the management of nitroglycerin overdose. No data are available to suggest physiological maneuvers (e.g., maneuvers to change the pH of the urine) that might accelerate elimination of nitroglycerin and its active metabolites. Similarly, it is not known which – if any – of these substances can usefully be removed from the body by hemodialysis. No specific antagonist to the vasodilator effects of nitroglycerin is known, and no intervention has been subject to controlled study as a therapy of nitroglycerin overdose. Because the hypotension associated with nitroglycerin overdose is the result of venodilatation and arterial hypovolemia, prudent therapy in this situation should be directed toward increase in central fluid volume. Passive elevation of the patient's legs may be sufficient, but intravenous infusion of normal saline or similar fluid may also be necessary. The use of epinephrine or other arterial vasoconstrictors in this setting is likely to do more harm than good. In patients with renal disease or congestive heart failure, therapy resulting in central volume expansion is not without hazard. Treatment of nitroglycerin overdose in these patients may be subtle and difficult, and invasive monitoring may be required. **Methemoglobinemia:** Nitrate ions liberated during metabolism of nitroglycerin can oxidize hemoglobin into methemoglobin. Even in patients totally without cytochrome b_5 reductase activity, however, and even assuming that nitrate moieties of nitroglycerin are quantitatively applied to oxidation of hemoglobin, about 1 mg/kg of nitroglycerin should be required before any of these patients manifests clinically significant (≥10%) methemoglobinemia. In patients with normal reductase function, significant production of methemoglobin should require even larger doses of nitroglycerin. In one study in which 36 patients received 2–4 weeks of continuous nitroglycerin therapy at 3.1 to 4.4 mg/hr, the average methemoglobin level measured was 0.2%; this was comparable to that observed in parallel patients who received placebo. Notwithstanding these observations, there are case reports of significant methemoglobinemia in association with moderate overdoses of organic nitrates. None of the affected patients had been thought to be unusually susceptible. Methemoglobin levels are available from most clinical laboratories. The diagnosis should be suspected in patients who exhibit signs of impaired oxygen delivery despite adequate cardiac output and adequate arterial pO_2. Classically, methemoglobinemic blood is described as chocolate brown, without color change on exposure to air. When methemoglobinemia is diagnosed, the treatment of choice is methylene blue, 1–2 mg/kg intravenously. **DOSAGE AND ADMINISTRATION:** The suggested starting dose is between 0.2 mg/hr* and 0.4 mg/hr*. Doses between 0.4 mg/hr* and 0.8 mg/hr* have shown continued effectiveness for 10–12 hours daily for at least one month (the longest period studied) of intermittent administration. Although the minimum nitrate-free interval has not been defined, data show that a nitrate-free interval of 10–12 hours is sufficient (see **Clinical Pharmacology**). Thus, an appropriate dosing schedule for nitroglycerin patches would include a daily patch-on period of 12–14 hours and a daily patch-off period of 10–12 hours. Although some well-controlled clinical trials using exercise tolerance testing have shown maintenance of effectiveness when patches are worn continuously, the large majority of such controlled trials have shown the development of tolerance (i.e., complete loss of effect) within the first 24 hours after therapy was initiated. Dose adjustment, even to levels much higher than generally used, did not restore efficacy.

HOW SUPPLIED

MINITRAN System Rated Release In Vivo	System Size	Total Nitroglycerin in System	NDC Number
0.1 mg/hr*	3.3 cm2	9 mg	NDC-0089-0301-03
0.2 mg/hr*	6.7 cm2	18 mg	NDC 0089-0302-03
0.4 mg/hr*	13.3 cm2	36 mg	NDC-0089-0303-03
0.6 mg/hr*	20.0 cm2	54 mg	NDC-0089-0304-03

MINITRAN Transdermal Delivery System, 0.1 mg/hr, 0.2 mg/hr, 0.4 mg/hr, 0.6 mg/hr, is available in cartons of 33 patches. **STORAGE CONDITIONS:** Store at controlled room temperature 15°–30°C (59°–86°F). Extremes of temperature and/or humidity should be avoided. **CAUTION:** Federal law prohibits dispensing without prescription.

*Release rates were formerly described in terms of drug delivered per 24 hours. In these terms, the supplied MINITRAN systems would be rated at 2.5 mg/24 hours (0.1 mg/hr), 5 mg/24 hours (0.2 mg/hr), 10 mg/24 hours (0.4 mg/hr), and 15 mg/24 hours (0.6 mg/hr).

NTR-6BS **JUNE 1991**

3M Pharmaceuticals
Northridge, CA 91324

*The current published average wholesale price of Minitran is less than that of Transderm-Nitro and Nitro-Dur. Retail pricing may vary from community to community and may affect cost savings to the patient. Transderm-Nitro is a registered trademark of Ciba Pharmaceutical Company; Nitro-Dur, of Key Pharmaceuticals, Inc.

†*Clinical Therapeutics*. Vol. 11, No. 1, 1989, pp 15-31.

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Pharmaceutical Division
3M Health Care
St. Paul, Minnesota 55144-1000

3M

TAKE YOUR MEDICINE

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dangerous and harder to treat than the original infection.

Dr. Seward notes that patients taking blood pressure and heart medicines are also likely to quit because they feel good. Quitting is a risky proposition for these folks, too.

If my medicine isn't working, can I take more? Maybe, but talk to your doctor first. A higher dose might not provide more relief, but it will increase the chances of undesirable side effects—especially in older folks and kids. A better solution, says Dr. Fleming, is to ask your doctor about changing to a different or stronger medicine.

Can I trust the labels on over-the-counter drugs? Yes, agree our experts. Government regulation mean that the labels are accurate. Dr. Berlin suggests caution when using OTC products for children, however. Dr. Seward warns not to mix and match medications; they may react with one another. And everyone recommends talking to your doctor if self-treatment doesn't provide relief in the expected amount of time.

MEDICINE SAVVY

Use these tips to keep your medicine habits on track:

- **Read instructions before and after you take any medicine, every time. Never go "by feel" at night; turn on the lights.**
- **Use measures made for medicines when taking liquids. Inexpensive ones are widely available.**
- **Avoid alcohol when taking ulcer drugs, tranquilizers, sleep aids, or drugs with alcohol warning labels.**
- **If you have trouble remembering, ask your doctor for a one-a-day version of your drug, or a drug-containing skin patch that can be worn for several days. Or, buy a compartmented pill case.**
- **Don't save leftover prescription medicine or give it to anyone else. Flush it down the toilet.**
- **Use one pharmacy for all medicines, and keep your doctor and pharmacist updated on all drugs you are taking. This is your best insurance against dangerous interactions among medicines.**



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†Please see next page for summary of prescribing information.

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3M

NEW HOPE, BETTER TREATMENT FOR ARTHRITIS SUFFERERS


THOMAS ROSBOROUGH

With today's treatments, fully 90 percent of those diagnosed with arthritis can expect to "go to work, get a full night's sleep, exercise, and even participate in sports," says Lynn Gerber, M.D., chief of rehabilitation medicine at the National Institutes of Health.

Here's an update on two of the most common forms of the disease, rheumatoid and osteoarthritis.

DIAGNOSIS

Today, doctors are much better able to zero in on virtually all forms of arthritis, says Arthur Grayzel, M.D., senior vice president of the Arthritis Foundation. For instance, clues are gleaned by examining small bits of joint tissue or fluid. Computer-drawn images of joints and organs let doctors inspect damage without surgery. Research has also improved diagnosis on the basis of physical symptoms—patterns of joint pain and stiffness, for instance.

Soon, doctors may use newly discovered genetic "markers" to identify people with a higher risk for arthritis, notes Robert Lahita, M.D., chief of rheumatology at St. Luke's Roosevelt Medical Center in New York City.

TREATMENT

Drug treatment continues as a mainstay for most forms of arthritis. But now exercise is coming on strong.

Exercise. "We now know that one of the worst things to do when you have arthritis is to become inactive," says Dr. Grayzel. "You need to continue using joints and find ways to maintain range of motion." Isometrics, stretching, and low-impact aerobics are all beneficial.

The rule of thumb is to cut back exercise, or any activity, if you experience fatigue or pain for more than one hour after stopping, adds Dr. Gerber. "You should never use painkillers in order to exercise."

Walking and swimming have long been high on the list of best exercises for people with arthritis. Regardless of the type of workout, talk to your doctor first.

Drugs. Aspirin and gold compounds remain the most commonly used remedies for arthritis pain and swelling. Hormones get the nod for some rheumatoid arthritis.

Many doctors are getting good results with methotrexate, one of a group of new drugs showing promise. These "disease-modifying antirheumatic drugs" (called DMARDs) give some patients longer-lasting relief with fewer side effects.

Doctors also are experimenting with new drug strategies for hard-to-treat cases. In the "sawtooth" regimen, the patient moves from one DMARD to another as relief wanes. The disease moves in a narrow range of improvement and worsening (hence the name sawtooth), short-circuiting the progressive worsening usually seen in rheumatoid arthritis.

In the "step-down" strategy, the patient is given a host of drugs. At intervals, the patient is reevaluated and one drug at a time is removed from the lineup. The idea is to keep inflammation, and early damage, at the absolute minimum.

Joint replacement. Elbows, wrists, and ankles can now be reinforced or replaced with plastics, ceramics, and metal alloys. In addition, about 300,000 hip, finger, knee, and toe joints are implanted annually.

Counseling. After pain, emotional problems—anger, fatigue, and depression—are among the most common symptoms of arthritis. Counseling can help, but, often, persons living with depression fail to act on their problem. Relatives and friends need to be sensitive to the problem, and to urge the patient to seek help.

For more information. The Arthritis Foundation offers booklets and information about free seminars and support groups. Call 800/283-7800.

ARTHRITIS WARNING SIGNS

See a doctor if any of these signs lasts for more than two weeks:

- Swelling, redness, or warmth in one or more joints
- Early morning stiffness
- Recurring joint pain
- Inability to move a joint normally
- Joint pain accompanied by unexplained weight loss, fever, or weakness



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Most doctors will tell you it's a simple fact. One of the key factors in the quality of your life is the quality of your nutrition. Good nutrition gives you more energy for an active lifestyle. It provides your body with the basic nutrients it constantly needs to maintain good health and keep you feeling your best. Yet even with these benefits, the reality is that many people don't eat right.

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"Who's The Fairest Of Them All?"

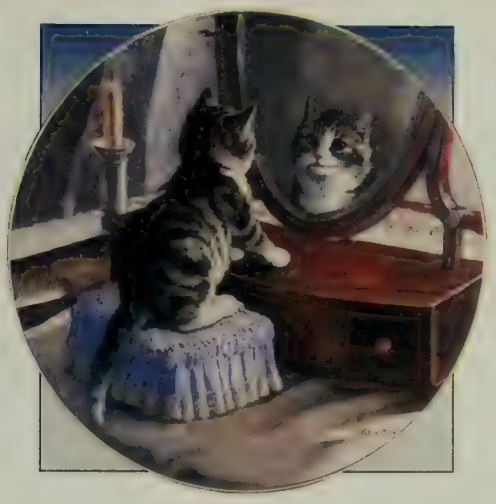
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Mirror, mirror on the wall who's the fairest of them all?... a Bradford Exchange recommendation



This pampered puss sees herself as the most comely of creatures. And famed Victorian artist Frank Paton quite agrees, as we can tell from his luminous portrait. Now, this exceptional Victorian painting has been re-created for you to own on a fine porcelain collector's plate. "Who's The Fairest Of Them All?" is available now – and it looks like a smart buy. Here's why the Bradford Exchange recommends it:

"Who's The Fairest Of Them All?" is an important first issue, the first plate in the *Victorian Cat Capers* collection from W. S. George Fine China, an affiliate of the Bradford Exchange.

It is an impressive work of art, created from an original work by artist Frank Paton, one of Victorian England's most renowned animal portraitists. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Who's The Fairest Of Them All?" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with headquarters in the United States and offices in twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1989, you would have bought the first issue in the *Victorian Christmas* series at just $39.80 – a plate that last traded at $60.00.* Or, in 1979, if you had acquired "Oliver's Birthday," an exceptional plate from Anna Perenna's *Uncle Tad's Cats* series, you would now own a plate valued at three times its issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "Who's The Fairest Of Them All" as one of the year's top prospects. . .and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Who's The Fairest Of Them All" at its $24.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Who's The Fairest Of Them All?" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report, Vol. III-12.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



WORKOUTS WORK UP YOUR APPETITE

But not enough to worry about

Exercisers who expect to see their appetite wane will likely be disappointed. A small study (20 people) found that working out doesn't suppress hunger.

But don't lose heart. Myrlene Staten, M.D., of Washington University School of Medicine, reports that exercise still leaves you with more calories burned. Staten looked at a group that included both men and women. She measured both calories burned in an exercise program and calories consumed at the meal table.

After running the accounts, Staten found that men who exercised ate more, but not enough to offset calories burned. The men who worked out burned, per day, an average of 388 calories more than they added to their diets. The women who exercised maintained a steady intake of calories, so all of their workouts went toward burning calories.

TWO DRUGS BEAT ONE

Panel suggests a pair of postmenopause hormones

Estrogen paired with a second hormone is the best treatment for many women with menopause-related symptoms. Despite ongoing controversy over the practice, that's the recommendation of an expert committee advising the Food and Drug Administration.

The second hormone, progesterone or a similar drug, is thought to reduce the risk of endometrial cancer caused by estrogen alone. What makes the recommendation controversial are studies showing that progesterone-type drugs may increase a woman's chances of breast cancer and heart disease. The committee acknowledged these worries, but felt that the strong evidence supporting the benefits of the hormone outweighed the risks.

Not all women should even consider the added hormone, however. Women who have had their uterus removed aren't at risk for endometrial cancer, and have no reason to take progesterone. Other women should talk to their doctor, who can help these patients balance the potential benefits of the dual-drug therapy against their personal risk factors, advises committee chairperson Barbara Hulka, M.D.

PATCHING A HABIT

Smokers benefit from a quitting aid

A relatively new way to kick the cigarette habit has passed its latest test. Over a six-month period, the so-called nicotine patch (plus counseling) helped twice as many stay off tobacco as counseling by itself.

This finding comes from a study conducted by the Transdermal Nicotine Study Group, an alliance of doctors and research organizations. At issue was whether the stick-on patches, which continuously deliver nicotine through the skin, could help smokers who wanted to quit from lighting up. Test subjects wore the patches for three months. In the course of the study, the highest dosage patch (21 mg) helped just more than a quarter of users remain nonsmokers at the end of six months. Among those using an inactive, placebo patch, only 12 percent made it the full six months.

If you'd like to quit, and haven't had success, talk to your doctor. The patch may be just the ticket you've been waiting for.

DIALING FOR DIET

Free nutritional advice

Ever wonder about the benefits of a vegetarian diet? Or whether you are allergic to milk? These are just a couple of the topics likely to be covered by the toll-free hotline run by the National Center for Nutrition and Dietetics, a public education program of the American Dietetic Association and its Foundation.

Each month, you'll be able to pick from three prerecorded messages dealing with nutrition topics. Or, if you call between 10 a.m. and 5 p.m. eastern time, you can choose to speak directly with a registered dietician. Although the system works with any telephone, you'll get faster service if your phone can create the Touch-Tone beeps needed to directly access the recorded messages. (Even if you don't have Touch-Tone service, most newer phones can be switched to tone mode after dialing.)

Here's the number to post on your refrigerator: 800/366-1655.

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HEALTH UDPATE

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ADVICE THAT WILL PUT YOU TO SLEEP

Toll-free ticket to Zzzzzzz

If bedtime finds you tossing, then turn to the Better Sleep Council for free advice on getting a good night's rest. The hotline will operate from April 25 through May.

During that time, you can dial up recorded messages from psychologist Joyce Brothers, Ph.D. Dr. Brothers promises practical tips for improving sleep plus a few "mind games" to help bring on sleep faster.

To reach the messages, call 800/82-SLEEP (800/827-5337). Or, if you like, you can write for a free 20-page booklet, "The Sleep Better, Live Better Guide." Write to: The Better Sleep Council, Dept. BH, P.O. Box 13, Washington, DC 20044.



SLOW AND STEADY HEART HEALTH

Easy walking offers benefits

Folks wanting to cut their risk of heart attacks don't have to get into a huff about exercising. A new study underscores the benefits of strolling along.

John J. Duncan, Ph.D., of the Cooper Institute for Aerobic Research in Dallas, studied three groups of women aged 20 to 40 years old. None of the women exercised regularly before beginning the study.

The women were asked to walk three miles, five days a week. One group strolled along at three miles per hour—about average walking speed. Another group walked at a brisk four miles per hour; the last group sped along at five miles per hour.

At the end of six months, all three groups showed physical improvements that are linked to a lower risk of heart disease. The fastest walkers showed the most improvement in ability to use oxygen—a classic measure of fitness. No surprise there. But even the slowest walkers showed a gain.

There was one surprise, however. The researchers found that the slowest group equaled the fastest group in raising the amount of HDL-cholesterol (the "good" kind of cholesterol) in their bloodsteam. The middle group also showed improvement, but somewhat less.

The authors of the report conclude that even moderate exercise is worth the investment of time, and may be easier to stick with than more ambitious plans.

A NEGLECTED STATE

Depression in the elderly

More than 60 percent of seniors suffering from depression aren't getting the treatment they need. That's the latest assessment of a panel of experts brought together by the National Institutes of Health. Arnold Friedhoff, M.D., who chaired the panel, calls care for depressed seniors "inadequate, fragmented, and passive."

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HEALTH UDPATE

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Too many doctors view depression as a normal part of aging, although only about 15 percent of the elderly are affected; for nursing home residents, the figure is 25 percent. What's more, depression can be treated successfully in 80 percent of those afflicted with it.

If you would like more information on the problem, including a self-assessment checklist, write for a free copy of "If You're Over 65 and Feeling Depressed." The address is: NIMH Public Inquiries, Dept. BH, 5600 Fishers Lane, Room 15C05, Rockville, MD 20857.

MEDICINE CHEST DANGER

A tale of three drugs

Three common prescription drugs pose a special hazard to young children. This dangerous trio can be deadly to children even in small doses, according to an article in *Healthy Kids Birth–3,* a publication of the American Academy of Pediatrics.

- *Clonidine,* used to treat high blood pressure and other conditions, can cause severe poisoning with only a single tablet. The drug is also available as a skin patch, which holds as much medication as 25 pills. Even a used patch can retain enough of the drug to poison a young child.
- *Theophylline* is one of the most common asthma drugs for both children and adults. Because the drug is dispensed in high-dosage forms, it takes relatively few tablets or capsules to overdose a child.
- *Imipramine* is an antidepression medication that's also used to treat bed-wetting in children. Even small overdoses can be toxic, which is why many doctors choose alternative treatments for bed-wetting.



Awareness of the dangers of all medicines—and especially these drugs—should prompt parents (plus grandparents and other caregivers) to take special precautions. Keep children and medicines as far apart as possible.

THIS STORY IS FOR ADULTS ONLY

And so is this rash

One doctor, slightly tongue-in-cheek, calls it "consort contact dermatitis." Whatever you call it, an allergic reaction to latex condoms is a sore subject for a growing number of couples.

Approximately 1 to 2 percent of people experience a rash when they come into close contact with latex rubber products. Rubber glove allergies are common among hospital workers. Condoms can cause a similar reaction in both partners, notes Alexander Fisher, M.D., clinical professor of dermatology at New York University's Postgraduate Medical School. Sometimes the problem isn't the latex itself but a reaction to chemicals added during manufacture such as lubricants and spermacides.

Typical signs of the problem include burning, redness, swelling, and a scaly rash in the affected areas.

Dr. Fisher offers several suggestions for the susceptible. First try switching to a "dry lubricated" product. Another option is to use a natural skin condom; however, some researchers doubt that skin condoms protect against AIDS and other sexually transmitted diseases. Couples can also consider using two condoms, with the skin condom used over or under the latex condom, depending on which partner needs to avoid contact.

Before you make any move, however, talk to your doctor. An easy skin test can reveal whether you are suffering from an allergy, or have another problem that requires treatment.

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HEALTH UDPATE

continued from page 66

ULCER DRUGS AND ALCOHOL DON'T MIX

A warning to heed

Two common ulcer medicines can give a glass of wine the punch of a double martini, according to a study published in the *Journal of the American Medical Association*. Led by Carlo DiPadova, M.D., a group of reseachers looked at the effects of ranitidine (sold under the brand name Zantac) and cimetidine (Tagamet) on alcohol levels in volunteers' bloodstreams. The researchers placed healthy subjects on the drugs for a week, then had them take alcohol equal to about 1½ typical glasses of wine or mixed drinks.

Compared to volunteers who hadn't taken the medications, the drug group had 34 to 92 percent higher peak concentrations of alcohol in the bloodstream. Users of another ulcer drug, famotidine (Pepcid) showed no significant increase in blood levels of alcohol compared to those who weren't taking medication.

The message: If you take any ulcer medications, be aware that a social drink could be more than you bargained for.

ESPRESSO-MAKER'S WRIST

It's not just for trendies

People who perform repetitive hand movements may develop a pain in the wrist known formally de Quervain's tenosynovitis. This uncomfortable inflammation of the tendon around a muscle in the wrist is ordinarily associated with blue collar jobs such as wringing out the wash ("washerwoman's wrist") or working on an assembly line, but yuppies are not immune.

A recent report in *The Wester Journal of Medicine* has identified de Quervain's tenosynovitis as a consequence of serving espresso coffee. As researcher Dennis Shusterman, M.D., M.P.H., tells it, a 41-year old California restaurant owner had to twist his right wrist to insert fresh coffee in the espresso machine as often as 100 times a night, causing wrist discomfort as painful as any washerwoman's. Three weeks' resting the wrist cured the inflammation, but not his customers' desire for coffee. So he switched to his left hand, this time avoiding all sharp movements. Three months later, he was still pain-free.

A 'VACCINE' AGAINST HEAD INJURY

A simple way to save lives

Most people are conscientious about getting their kids vaccinated. Sadly, 90 percent of these children are not benefiting from another form of protection: a bicycle helmet. A recent study points up the tragic repercussions of this omission.

From 1984 through 1988, the period studied, 766,310 children (aged 19 and younger) suffered head injuries while biking; 1,725 children died of those injuries. Despite these numbers, only an estimated 10 percent of children use helmets.

Jeffrey J. Sacks, M.D., and his colleagues asked how many fewer would have been injured or killed if all those children had been wearing helmets? The research team estimates that 640,747 injuries and 1,442 deaths would have been prevented. The researchers reported that adults, too, would have benefited mightily from helmet use.

Convinced that your kids should wear a bike helmet? Then look for one that carries either a Snell Memorial sticker or an ANSI seal of approval. Both labels indicate that the helmet has met safety standards.



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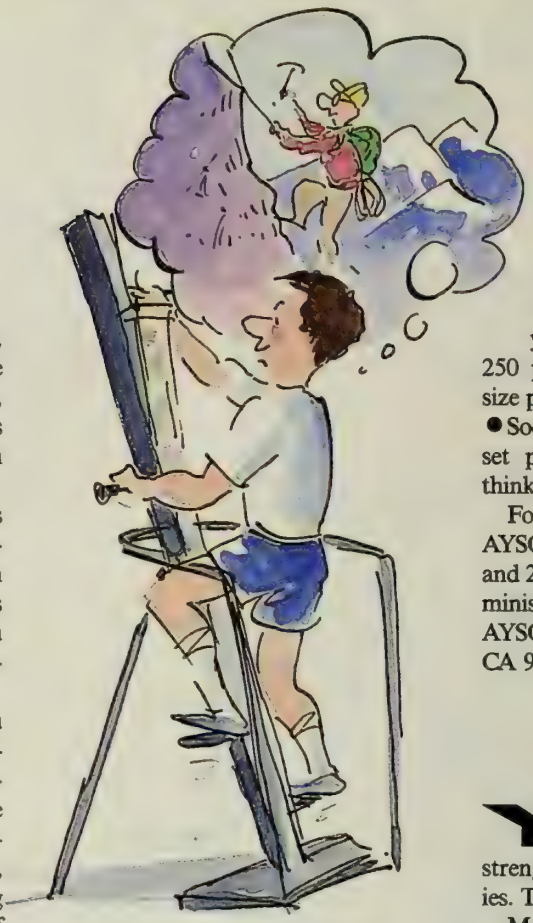
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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



CLIMBING MACHINES

The ups and downs of a trendy workout

Rowing, biking, walking, stair-stepping. Got all the fancy fitness machines you need, right? Stand back. Climbing machines are reaching new heights in health clubs nationwide.

It's easy to see the upside of this new fitness weapon: A climbing machine (VersaClimber is a common brand seen in clubs) works your legs as you pump pedals up and down. You can work your arms as well by pushing and pulling on handles.

For the same amount of time you would spend on a treadmill or stationary bike, you get a total-body workout. Rowing machines also exercise the upper and lower body. Many exercisers, such as those with bad backs, prefer the upright position of climbing machines to the sitting position of rowing machines.

Climbing machines are safe for the back and other joints too. With moderate workouts, there's little jarring or impact as pedals and handles move. That's why climbing machines are often used in rehabilitation.

There is a slight downside to climbing machines: the large price tag. A home machine, for example, may be at least double the cost of other good fitness machines.

GET YOUR KICKS

Soccer means fitness, fun, and fancy footwork

Lolly Keys of the American Youth Soccer Organization proclaims that there is "no better sport for children than soccer."

Some 3 million children, aged 5 to 18, agree. Here are a few reasons why:

- Players run and still have fun. Young players run 1 to 2 miles a game, while older children may run as many as 5 to 6 miles during a game.
- The ball is passed around, not hogged by one player. "And you needn't be 7 feet tall or weigh 250 pounds," says Keys. "Average-size people can excel at soccer."
- Soccer is creative. There are a few set plays, but the game is mostly thinking on your feet.

For information on soccer and AYSO, a group of 375,000 children and 200,000 coaches, referees, and administrators nationwide, write: AYSO, P.O. Box 5045, Hawthorne, CA 90251-5045.

STUDENT FITNESS

Why schools are soft on physical education

You might think that your children go to school to strengthen their brains *and* their bodies. Think again.

Most kids spend more time watching TV on Saturday mornings than they do in P.E. classes in a week, says the National Association for Sport and Physical Education (NASPE).

Only Illinois requires students in kindergarten through 12th grade to take P.E. every school day.

And, of all elementary schools, only 10 percent require students to take 30 minutes of P.E. daily—the recommended minimum amount.

continued on page 72





WHY LIFTING AN ORANGE JUICE IS ONE OF THE BEST COOL DOWN EXERCISES.

After a workout, orange juice can really give you a lift. It's refreshing, and puts back a good deal of what your workout takes out.

OJ has potassium, a mineral you need for normal muscle functioning. It also has folic acid, which helps make new cells—including red blood cells.

Orange juice even helps your body absorb iron. It exceeds the recommended daily requirement for Vitamin C. It's naturally fat-free and cholesterol-free. And only orange juice has that bright, sunny taste.

So when you're through exercising, orange juice is a very cool choice.

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FITNESS MATTERS

continued from page 70

If you're worried about your child's level of exercise at school, NASPE suggests you take these steps:

- Check out your school's curriculum, facilities, equipment, and teacher qualifications.
- Ask about how your school's P.E. requirement can be expanded to 30 minutes a day. You may find NASPE's Fit To Achieve campaign helpful (see order address below).
- Let P.E. teachers know your concerns, then volunteer to help with classes. For instance, in some schools, parents help teachers record fitness assessment results.
- Tell administrators, board members, and legislators where you stand. Then ask to hear their positions.

May is National Physical Education and Sport month, so now is the perfect time to get involved. In fact, May 13 is the date for this year's Project A.C.E.S. (All Children Exercising Simultaneously). Last year the program involved 5 million children and 10,000 schools worldwide.

For more information about the program, or to register your school, send a SASE to: Lenny Saunders, Valley View School, Montville, NJ 07045.

To find out more about quality P.E. classes, and the Fit to Achieve campaign, send a SASE (business-size) to NASPE, 1900 Association Dr., Reston, VA 22091-1599.

SAVE YOUR SKIN

Workouts and water don't always mix

Exercisers are some of the cleanest folks around. But taking several showers each day can lead to dry skin, especially when the humidity levels are low.

What to do? Shower less often? For many exercisers, that idea really stinks. Instead, try to keep showers short. "Get in, get clean, and get out," says Joseph Bark, M.D., a dermatologist in Lexington, Kentucky.

Or, switch to bathing, which doesn't dry your skin as fast as showering. And use cooler water. Hot water robs your body of oil faster.

What's more, if dry skin remains a problem, avoid antibacterial or deodorant soaps. Instead, use "superfatted," moisturizing soaps, such as Dove, Lowila, or Basis, suggests Bark. Rinse soap from your skin quickly.

After you get out of the shower or bath, and while you're still wet, apply a moisturizer, which helps to replace natural oils. Don't do this in the tub; the slippery moisturizer could cause a fall, warns Bark.

Remember to remoisturize during the day, and keep humidity high in your house and office (unless you're allergic to mold). Also, limit after-exercise saunas and whirlpool baths. They make you feel great, but they're bad for dry skin.

—By free-lance writer Gary Legwold, a frequent contributor to these pages, who does his exercising in Minneapolis.



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HOME of the future

BY JOAN McCLOSKEY AND WILLIAM L. NOLAN

It's the year 2010 and you've just bought your dream home. Is it a futuristic fantasy or a clone of the home you live in now? Leading American residential architect John D. Bloodgood predicts it'll be some of each. You'll have push-button gizmos even the Jetsons would envy, but you'll also have features that foster family togetherness—a quality Bloodgood believes will be even more important then than now.

No need to wait 20 years to find out; we've translated Bloodgood's vision into a real house that's brimming with provocative design concepts and cutting-edge products you can use *today*.



Photographs: Susan Gilmore. Architect: Bloodgood Sharp Architects and Planners. Interior design: Interior Design Partners. Contractor: Lundgren Bros. Construction, Inc. Landscape design: Rick Weaver, Halla Nursery. Regional editor: Sharon Ross


HOME
of the future
Designer style
with
stock products
Inner space:
a soaring
central core
Smaller lots,
private
outdoor "rooms"



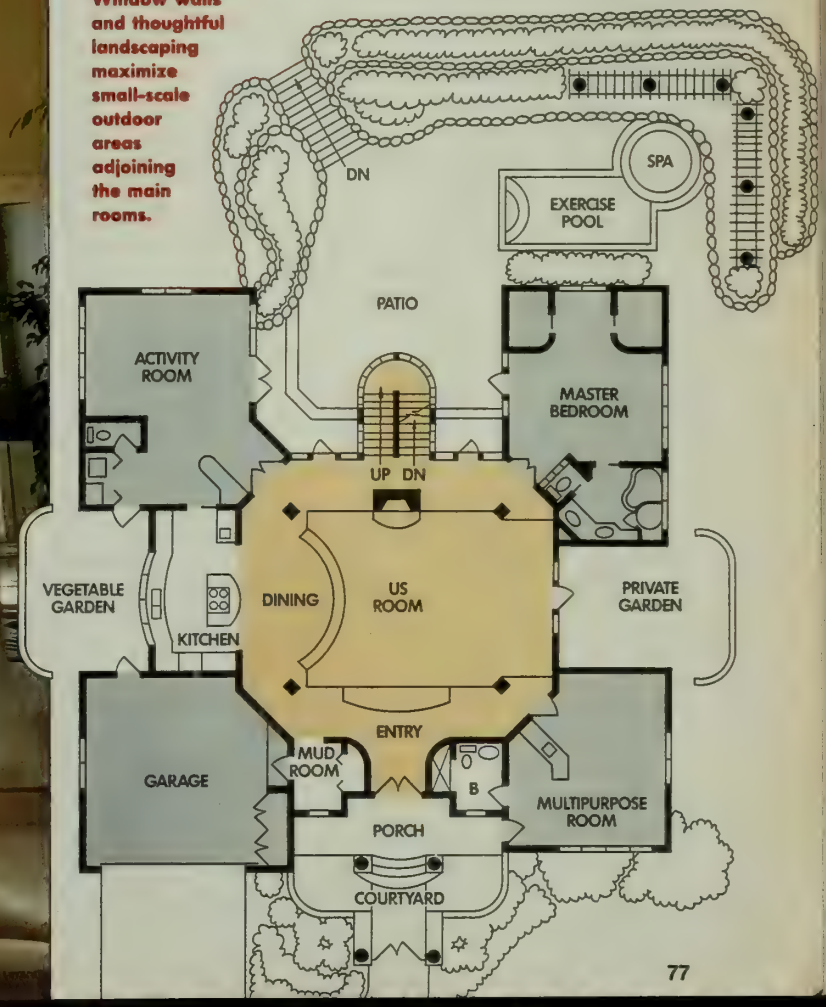
Family togetherness centers on the US room, a hearthside hub that merges today's family spaces into a single area.



Bold grids and window groupings lend space-age drama out front. Gabled dormers and a pillared portico tie the house to its architectural roots.

Bloodgood predicts that tomorrow's house will be built faster than today's and will have fewer walls, more windows, and a smaller lot. To create eye appeal, designers will use standard products more artfully. To offset small lots, they'll play up indoor roominess and outdoor living spaces.

The plan triumphs over tomorrow's tight sites with a spacious central core. This "US room" is ringed on two levels with smaller spaces for individual activities and personal privacy. Window walls and thoughtful landscaping maximize small-scale outdoor areas adjoining the main rooms.



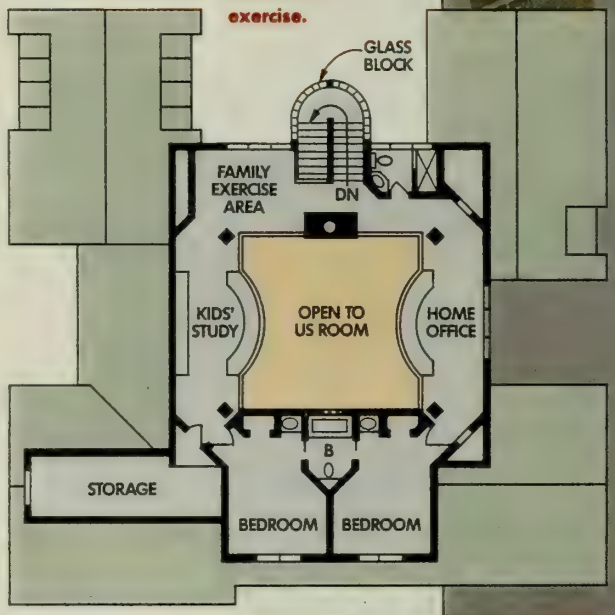


HOME *of the future*

Beam me up, Scotty! Glass-paneled banisters and curved glass-block walls turn the stair tower into a trip through outer space. Channeled handrails echo the tower's tubular shape.

Dining, cooking, and gathering merge easily on the main floor; reading, working, and exercising take place on the balcony.

Bedrooms and baths on the second floor are scaled down to gain space for work and exercise.



Bloodgood's blueprint for the Home of Tomorrow wraps most of the rooms around a soaring central core—the US room—that reaches high to grab bonus space and light. He also merged indoors and outdoors with big skylights and window walls, and opened the main floor to roomlike outdoor areas. Even the stairwell gets into the act; it doubles as a giant light tube banded with glass block.

When family members need to be alone, they can retreat to smaller areas on the main floor or upstairs. "Kids need a place to go to giggle and have their private moments," says Bloodgood. "They can use the balcony areas to entertain friends." The balconies also contain areas for working—or working out—at home. Half walls and glass-paneled banisters define each area without isolating it from the US room. Other areas occupy mini wings buffered from each other by the US room and by pocket-size outdoor spaces. When necessary, the mini wings can be closed off for total privacy. Result: subtle degrees of privacy when and where you need them.



Built-in desks hug the curved banisters on the balcony. Exercise and sleeping areas are just a few steps away. Glass blocks in the adjoining wall let light into the kids' bath and dressing areas.


Space-doubling
indoor
vistas
Activity alcoves:
play, work,
work out
Smaller bedrooms,
bigger
living areas

Once a routine chore, meal preparation has become an important family activity—a time for sharing each other's day and doing things together. During the next 20 years, architect Bloodgood sees kitchens changing to reflect their new role. "They'll be more like living rooms—warmer, roomier, and more open to the main living spaces." In his Home of the Future, the kitchen isn't just a utilitarian work cubicle attached to the family room; it's a natural extension



Deep drawers on one side of the island hold portable bins for sorting recyclables.



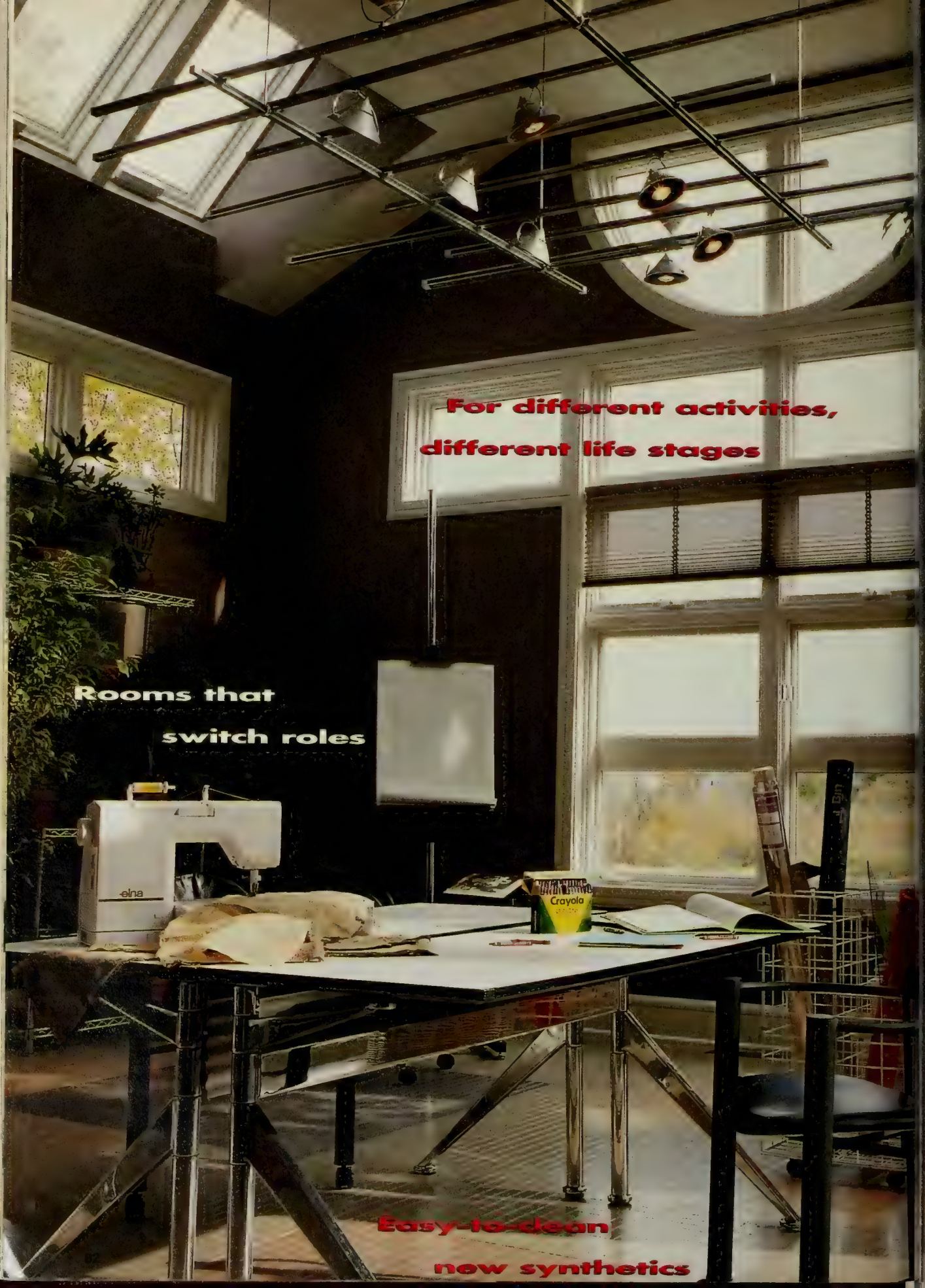
HOME of the future

Brighter, roomier, warmer



A built-in refreshment center stores beverages and glassware just a few steps from the dining table, the snack bar, and the activities room.

of the US room. The kitchen offers all the latest conveniences, including integral sinks, modular refrigerators, built-in ovens, and solid-surface countertops. But there's no cold laboratory look here; all the gadgetry tucks into sculpture-like built-ins that have a dressy, furnished look. The colors and finishes are soft, soothing neutrals that match those in the US room, and the flooring is natural-finish hardwood. A big bow window scoops in the sun.


For different activities,
different life stages
Rooms that
switch roles
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HOME of the future



Wide openings and a wall-mounted sink aid wheelchair access in the multipurpose bath. The floor tile is ceramic but feels like limestone.



Into projects? Corner the mess in the activities room. There's ample stretch and adjustable lighting, and the finishes are industrial strength—commercial-grade furnishings, rubberized vinyl flooring, and commercial vinyl wall covering.

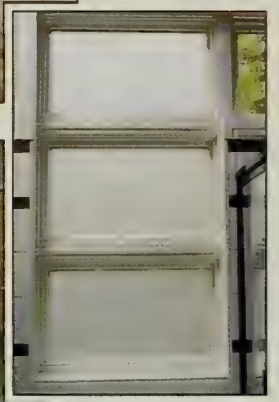
Flexible spaces in the Home of the Future take nontraditional living patterns in stride. The multipurpose room could house older children, a mother's helper, a home-based business, or live-in relatives. Interior designer Tamara Weik outfitted it as a private suite for Grandpa. "We paired warm textures and vintage-style furnishings," says Weik, "because you take the past with you into the future."

The activities room provides space for rainy-day play or family hobbies that otherwise would be hidden away in some basement cubicle. "It's also a great place to corral

HOME of the future



Muted earth tones on the walls complement sunny views of the terrace and garden in the master bedroom. Closets fitted with motorized carousel racks flank the high windows in the rear wall.





Steamed-up windows? Look again. Liquid-crystals in the panes turn opaque at the flip of a switch.

The master tub/shower is one unit; first you shower, then you soak—all without getting the floor wet.



Thoughtful landscaping maximizes outdoor areas, which occupy pockets of privacy along the sides and rear of the house. Glass doors open from the US room, the master suite, and the activities room.

group activities like a kids' birthday party or a Cub Scout meeting," says Bloodgood, "or it can simply be part of the US room." Each of the flexible spaces has a bathroom, streetside access, and a built-in work surface, and can be closed off from the US room.

Like the upstairs bedrooms, the master suite is modestly sized. No corners have been cut on creature comforts, though. The bedroom contains twin closets and occupies its own mini wing near the outdoor spa/exercise pool. A vaulted ceiling and tall window walls contribute an airy, open feel, and a glass door in one wall opens to the rear terrace. The ceiling extends into the master bath, where high windows pump light into the tub and shower areas.

Flip-a-switch windows—open or shut, clear or opaque

Trellises and wrought-iron fencing on the rear terrace work with the home's mini wings to create a secluded retreat. Although it feels private and spacious, the terrace occupies only a slim swath between the house and the adjoining public green space. "This is another example," says Bloodgood, "of how tomorrow's house will develop its own sense of space without sprawling."

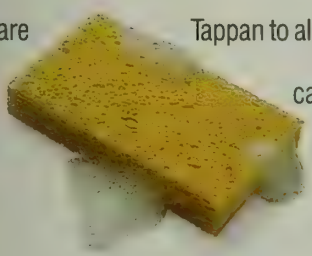
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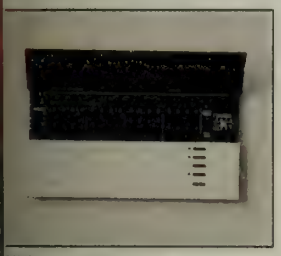
HOME OF THE FUTURE

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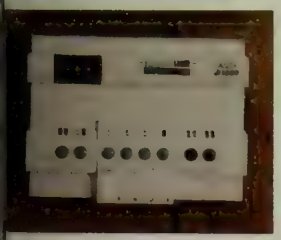
Thoughtful planning and down-to-earth practicality influenced the high-tech systems in the Home of the Future. We chose cutting-edge, available-now products that leave you and your family free to enjoy life at home together. Twenty years from now they'll be as familiar as calculators and microwave ovens because they save time, labor, and energy and are wonderfully easy to use. Here's a quick rundown of the technological marvels that make the Home of the Future so user friendly.

● **Low-voltage lighting:** Lighting in most homes today burns off excess voltage as heat from incandescent bulbs. Lighting in the Home of the Future saves energy by relying entirely on low-voltage and fluorescent systems.

● **Central control panels:** A panel near the large-screen TV set in the US room functions as command central for most of the systems in the house. All these systems can be programmed to function differently for specific situations or "presets." For example: The Awake preset turns lights on gradually, draws your bath at a predetermined temperature, tunes in your favorite radio station, and starts the coffee pot. Other presets include Home Theater (the TV or stereo turns on, lights go down, and drapes close), Romantic Evening, and Party! Command central interfaces with other panels to override the central computer or fine-tune the services of a specific system. There's a panel near the front entry for programming lighting "scenes" for each area of the house. You can push a single button to light an entire room for a particular mood or occasion. Panels near the rear patio doors control water level, water temperature, whirlpool jets, and filtering in the outdoor pool.



Slider switches on the main lighting control panel program brightness for each light source in an area; push buttons below call up lighting programs for each room.



Twin panels in the US room control water temperature, water level, whirlpool jets, and water filtering for the outdoor spa/exercise pool.



Closed-circuit cameras survey the front, rear, and side entrances, allowing you to scan each area on any TV set in the house.

● **Individual controls:** Touchpads in each room control lights, temperature, piped-in music, and window coverings. If you're in the US room, you can use a push-button remote module to light the fireplace. In the master suite there's a remote module to open or

continued on page 88

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HOME OF THE FUTURE

continued from page 87

close the bedroom windows, and a wall switch to turn the bathroom windows opaque. If you're cleaning, you can tap the central vacuum system from a port in each of the four pillars in the US room, upstairs as well as downstairs. Home alone at night? A remote module lets you call up closed-circuit TV surveillance on any TV screen in the house, and a control panel in the master bedroom operates all the lights in the house. Away on vacation? Magnetic-seal circuitry on doors and windows, and infrared motion sensors throughout the house keep an eye out for intruders.

● **Efficient heating and cooling:** The heating/cooling system for the main living areas consists of a small internal-combustion heat pump that runs on natural gas, plus an air delivery system. The heat pump uses 50 percent less gas for heating than a conventional furnace and delivers comparable savings in electricity for cooling.

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BUYING GUIDE

Windows and French doors—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Exterior, interior doors**—Morgan Products, Ltd., 601 Oregon St., P.O. Box 2446, Oshkosh, WI 54903-2446. **Exterior, interior door hardware**—Schlage Lock Co., 2401 Bayshore Blvd., San Francisco, CA 94134. **Foundation insulation**—Thermadry Styrofoam, Dow Chemical USA, 2020 Willard H. Dow Center, Midland, MI 48674. **Framing materials,** sheathing, subflooring, I-joists, beams; **drywall,** "Fiber Bond"; **insulation,** "Nature Guard"; **siding**—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97204. **Roof trusses**—Littfin Lumber, 555 Baker Ave., Winstead, MN 55395. **Housewrap**—Tyvek, E.I. DuPont, Montgomery Bldg., Ste. 403, P.O. Box 80, 800, Wilmington, DE 19880-0800. **Remote-controlled window operator**—FASIRAND Corp., 1220 Elm St., P.O. Box 1677, Helena, MT 59624. **Heating and cooling system**—York International Corp., 631 S. Richland Ave., York, PA 17403. **Home automation system**—AMAX Corp., 12056 Forestgate Dr., Dallas, TX 75243.

Page 75: Windows—Marvin Windows (address above). **Window treatment,** "Metalized Mirage"—Graber Ind., Inc., Graber Plaza, 7549 Graber Rd., Middleton, WI 53562. **Prefinished hardwood floor,** "Sterling Strip"—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Paint,** color nos. 78–65 (wall), 70–17 (trim)—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Carpet,** "Decimus III"—Monsanto Traffic Control Fiber System, Columbus Mills, Inc., P.O. Box 1560, Columbus, GA 31993-1560; 800/322-NEAR. **Area rug,** "Line Royal Red," **metal fruit tray on ledge,** "Mono"—International Design Center, 100 Second Ave., N, Minneapolis, MN 55401. **Sofa, wingback chairs, tables, sofa pillows, metal plate on cocktail table**—Room and Board, 7010 France Ave., S, Edina, MN 55435. **Table lamp**—George Kovacs Lighting, Inc., 69–07 68th Pl., Glendale, NY 11385. **Framed photographs in dining area**—Christine Benkert, Christine Benkert Photography, 27 N. Fourth St., Ste. 511, Minneapolis, MN 55401.

Pages 76–77: Brick fireplace chase—Summit Brick, Wunder-Klein-Donohue Co., 5205 Hwy. 169, N, Plymouth, MN 55344. **Remote-control gas log fireplace**—Heatilator, Inc., Div. of HON Ind., 1915 W. Saunders Rd., Mt. Pleasant, IA 52641. **Copper sheathing on flues**—Copper Development Assn., 2 Greenwich Office Pk., Greenwich, CT 06836. **Glass balustrade**—Sumitec, Inc., 470 N. Pawpaw Ave., Benton Harbor, MI 49022. **Framed artwork on mantel**—Artlines Gallery at Riverplace, 65 Main St., Minneapolis, MN 55414. **Candleholders**—Milano Series, 35 S. MacQuastan Pkwy., Mt. Venon, NY 10550. **Sculptured wood chair**—Ian Corbin, 1635 Melrose Ave., St. Louis Park, MN 55426. **Turquoise vase on curved ledge**—Casa Bique, P.O. Box 788, Thomasville, NC 27361. **Purple glass bowl on curved ledge**—Rainbow Fine Art Gallery, 3929 W. 50th St., Edina, MN 55424. **Metal fruit tray,** "Mono"—International Design Center (address above). (***Top right***): **Garage door**—Ideal Door Co., P.O. Box 106, Baldwin, WI 54002. **Garage door opener**—Stanley Home Automation, The Stanley Works, 41700 Gardenbrook Rd., Novi, MI 48375. **Driveway, sidewalk, entryway brick pavers**—Denver Brick, Wunder-Klein-Donohue Co. (address above). **Columns**—Henderson, Black and Greene, P.O. Box 589, Troy, AL 36081. **Modular block retaining walls**—Keystone Retaining Wall Systems, Inc., 7600 France Ave., S, Edina, MN 55435. **Landscape plants**—Monrovia Nurseries, P.O. Box Q, Azusa, CA 91702-1336. **Landscape mulch**—Minnesota Forest Products, P.O. Box 190, Onamia, MN 56359.

Pages 78–79 (*top left*): Glass block, "PC GlassBlock"—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5769. (***Bottom left***): **Cabinetry,** "Milano"—Allmilmo Corp., 70 Clinton Rd., P.O. Box 629, Fairfield, NJ 07006. **Desk countertop,** "Adobe Brown"—Avonite, Inc., 1945 Hwy. 304, Belen, NM 87002; 800/4/Avonite. **Desk chair,** "Sensor 458"—Steelcase, 1120 36th St., SE, Grand Rapids, MI 49508. **Fabric on desk chair,** "Trafalgar Square"—Interior Design Partners, 7100 France Ave., S, Edina, MN 55435. **Personal computer**—International Business Machines, Old Orchard Rd., Armonk, NY 10504; 800/426-3333. **Desktop items, wastebasket**—Room and Board (address above). (***Right***): **Windows**—Marvin Windows (address above). **Exercise machine**—Precor Stair Tread, Push-Pedal-Pull, 7101 France Ave., S, Edina, MN 55435. **Window shades in exercise area,** "Crystal Pleat"—Graber Ind., Inc. (address above). **Cabinetry on far balcony,** "Milano"—Allmilmo Corp. (address above). **Dining room table**—Ayelet Frank, 9435 W. 14th St., St. Louis Park, MN 55426. **Dining room chairs**—Hickory Business Furniture, Div. of The Lane Co., Inc., P.O. Box 151, E. Franklin Ave., Alta Vista, GA 24517. **Glass pitcher on dining table**—Toscany, Inc., 386 Park Ave., New York, NY 10016.

Pages 80–81: Cabinetry and stools, "Contura"—Allmilmo Corp. (address above). **Countertop,** "Sierra Burnt Amber," **integral sink,** "White"—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-51517, Wilmington, DE 19801. **Refrigerator, cooktop, dishwasher, microwave oven, wall ovens**—Euroflair, Frigidaire Co., 6000 Perimeter Dr., Dublin, OH 43017. **Under-counter refrigerator/freezer units**—U-Line Corp., 8900 N. 55th St., P.O. Box 23220, Milwaukee, WI 53223. **Double sink, faucet,** "Epicure"; **beverage center sink,** "Finesse"—Kohler Co., Kohler, WI 53044; 800/772-1814. **Window treatment,** "Metalized Mirage"—Graber Ind., Inc. (address above). **Hanging light fixture over island,** "Moon Light Series"—Christopher Lloyd, 2115 Dixwell Ave., Hamden, CT 06514. **China,** "Tuxedo"—Swid Powell, 213 E. 49th St., Amster Yard, New York, NY 10017. **Cookware**—All-Clad Metal Crafters, Inc., Rd. No. 2, Box 151, Canonsburg, PA 15317. **Espresso/Cappuccino machine,** "CafePresso"—Robert Krups North America, 7 Reuter Dr., Closter, NJ 07624. **Juicer**—Olympic Commercial Products, 6291 Elyters Ln., Harrisburg, PA 17111. **Toaster**—Rowenta, 281 Albany St., Cambridge, MA 02139. **Canister set**—Bee House, 209 Post St., San Francisco, CA 94108. **Area rug,** "Sidewalks"—Hayim Co., 26 Main St., Hempstead, NY 11550. **Tall glasses in cabinet above beverage center sink**—Iittala Crystal, Inc., Rte. 6, Mahopoc, NY 10541.

Pages 82–83 (*left*): Wallcovering, "Tower"—Fred G. Anderson, 5825 Excelsior Blvd., St. Louis Park, MN 55416. **Rubber floor tiles,** colors "Malibu Sand," "Brook Pebble," and "Coral Mist"—Endura, 2 University Pk., 51 Sawyer Rd., P.O. Box 9045, Waltham, MA 02254-9045. **Paint,** color no. 70–17 (trim)—The Glidden Co. (address above). **Worktable,** "Vecta"—Steelcase Design Partnership Co., 1800 S. Great SW Pkwy., Grand Prairie, TX 75051. **Chairs, baker's rack, cart, basket**—Room and Board (address above). **Track lighting**—Artemide, Inc., 1980 New Hwy., Farmingdale, NY 11735. **Computerized sewing machine**—Elna Sewing Machines,

continued on page 95


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Kitchens & Baths



Inspiration is the fuel that drives most remodelings. If you'd like to take a few ideas out for a spin, turn the page and try out our gallery of inspiring examples.

Narrow Escape

Addition rescues a corridor kitchen

Held hostage by a claustrophobic kitchen, this homeowner deputized an architect to help remodel her way out of a tight squeeze.

The breakout plan: blow open the back wall, bump out the room 13 feet, and wrap the new addition in sun-loving windows and skylights.

Now instead of staring at a solid wall, she can look over the sink and into a sunny seating area. Beyond that is a

continued on page Z7





Glass block brings in light from the front entry. To amplify the light, the walls were painted white, white frameless cabinet fronts were installed, and a coat of whitewash was applied to the ceiling boards.

Kitchens & Bat



The refrigerator and pantry back into what used to be a bedroom closet. Recessing these bulky items frees-up floor space and gives the kitchen a cleaner look.

As I See It #5 in a series
Ryszard Horowitz, Andrzej Dudzinski
'The Faucet and the Frog'
Mixed Media, Photography and Illustration



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What To Look For In A Window.



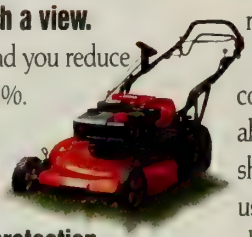
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ARCHITECT: JARED POLSKY. DESIGN: BECKY BROWN. PHOTOGRAPHS: JAY GRAHAM. REGIONAL EDITOR: HELEN HEITKAMP

Kitchens & Baths

continued from page Z4

view of a private landscape and lush greenery. At one end of the bump-out is a wraparound bench seat—a perfect hideaway for the morning's first cup of coffee or a casual evening conversation.

continued on page Z8

Here's a solution for too-narrow kitchens: bump out the back wall and wrap the new vistas in glass. The bench seat is a big hit with guests. Access to the deck is quick and easy via the sliding glass doors.

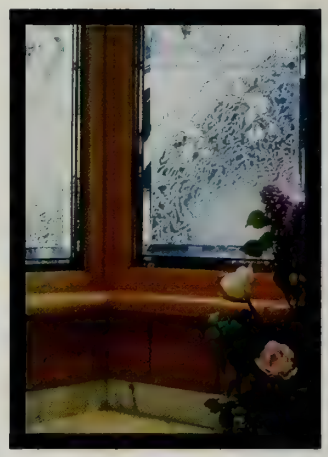




Kitchens & Baths

Natural materials, golden wood trim, marble, and ceramic tile, hark back to the home's century-old roots.

To enjoy the light without losing privacy, an artist etched a branch-and-flowers design on the windows.



Etched-Glass Elegance



PHOTOGRAPH: JAY GRAHAM, ARCHITECT: DAVID KENT

Bedroom-to-Bath Conversion Updates A Turn-of-the-Century Home

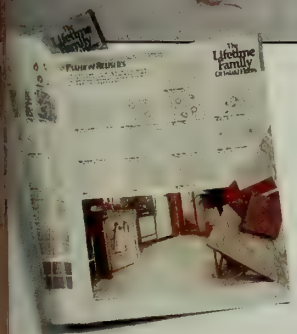
Built in 1903, this home twinkled with turn-of-the-century charm, all except the bath, that is—a dark and confining room. Borrowing space from a small spare bedroom, however, paved the way for this sun-splashed bath. Tall windows in the exterior walls unlocked a treasure trove of natural light. Etched glass preserved privacy where needed on the windows. Craftsman-style wood trim and a tile floor embrace the new bath with loving handiwork.

Triangular drawers, set into a wide mirror, slide into a peaked roof over the first floor. Transom windows echo the vintage look.

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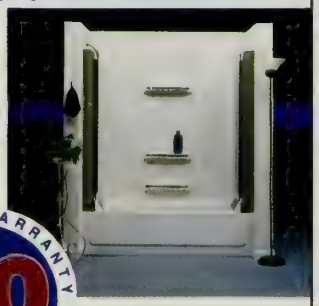
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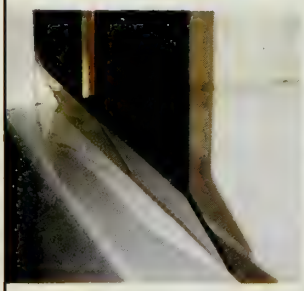
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Kitchens & Baths



Dropped corners over the bathtub and an arch-top window define an intimate bathing alcove.

Seamless when closed, this drawer front follows the sweeping curve of the cabinet.

Arch-Typical Bath

A Well-Rounded Idea Softens the Hard Angles

An arch-top window in this bathroom remodeling brings new light into an old house and sets a series of design elements in motion.

By breaking up the boxy lines of the ceiling, the barrel vault makes the bathroom feel more spacious. The design also reemphasizes the home's 1930s bungalow style.

The gentle curves show up again in the solid-surface countertop. A new sink, counter, and cabinet were added to provide space and storage. A wedge-shaped drawer front neatly conceals a 1-foot-wide pullout tray for personal items.

Wall sconces on the ends of the tub visually heighten the vault by washing a soft light up on its ascending curves. Rather than obscure the architecture with a shower curtain, the homeowners made the alcove 3-feet deep and installed a hand-held shower to eliminate overspray. An angled tub fits easily into the 6-foot space.



ARCHITECT: PETER GOLZE. PHOTOGRAPH: JAY GRAHAM
REGIONAL EDITOR: HELEN HEITKAMP



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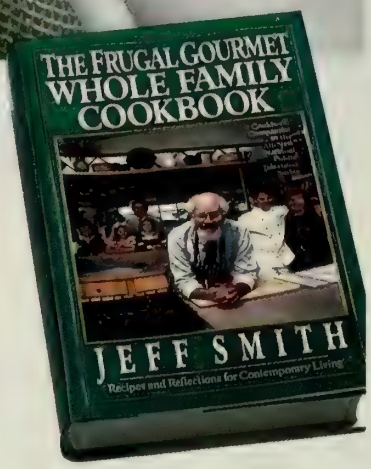


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American Standard's Triune cross-handle design cuts both ways. It borrows from an old-fashioned shape and displays it in the modern gleam of brass and chrome.



The simplicity of Grohe's Ultra-Classic faucet puts the focus on shapes—curved countertops and round mirrors. Use with white marble and frosted-glass sconces.

PHOTOGRAPHS: JIM KASCOUTAS

HOME OF THE FUTURE

continued from page 88

Inc., 7642 Washington Ave., Eden Prairie, MN 55344. **Window treatment,** "Fashion Pleat"—Graber Ind., Inc. (address above). **Windows**—Marvin Windows (address above). **(*Top right*): Paint,** color nos. 78–65 (wall), 70–17 (trim)—The Glidden Co. (address above). **Ceramic tile floor and wainscoting,** "Cerabait Romain" and "Ocre Brun"; **shower stall tile,** "Impo," "Black," "Gray," "Taupe"—Rubble Tile, 6001 Culligan Way, Minnetonka, MN 55345. **Grout,** "Summer Tan"—DAP, P.O. Box 277, Dayton, OH 45401-0277. **Sink, toilet, towel bar and rings,** "Thunder Grey"; **faucets, shower head**—Kohler Co. (address above). **Sconce light**—CSL Lighting, Inc., 25070 Tibbetts Ave., Valencia, CA 91355-3447. **Shower light**—Prescolite Mfg. Co. (address above). **Towels,** "New Splendor"—Martex, Div. of WestPoint Pepperell, 1221 Sixth Ave., New York, NY 10020. **(*Bottom right*): Paint,** color nos. 78–65 (wall), 70–17 (trim)—The Glidden Co. (address above). **Prefinished hardwood floor,** "Sterling Strip"—Bruce Hardwood Floors (address above). **Poster bed, armoire**—The Lane Co., Inc., P.O. Box 151, Alta Vista, GA 24517. **Area rug,** "Mantas Contemporary"—Watson Smith, International Market Sq., Ste. 311, 275 Market St., Minneapolis, MN 55405. **Down comforter,** "Ecru"—Linen 'N Things (address above). **Blanket**—Interior Design Partners Custom (address above). **Table lamps**—Fine Arts Lamps, P.O. Box 27486, Philadelphia, PA 19118.

Page 84 (*top*): Paint, color nos. 79–34 (wall), 70–17 (trim)—The Glidden Co. (address above). **Closet carousel**—White Home Products, 2401 Lake Park Dr., Atlanta, GA 30080. **Carpet,** "Decimus III"—Monsanto Traffic Control Fiber System, Columbus Mills, Inc. (address above). **Aluminum vertical blinds,** color no. 4006—Graber Ind., Inc. (address above). **Area rug,** "Components"—Watson Smith (address above). **Chair,** "Fan Chair"—2112 Design Studio, 2112 Hennepin Ave., S, Minneapolis, MN 55405. **Glass cigarette table**—Swaim, P.O. Box 4147, High Point, NC 27263. **Credenza**—Interior Design Partners (address above). **Fabric for duvet cover and cornice boards,** "Travertine"—House of Davis, 291 Messner, Wheeling, IL 60090. **Construction of duvet cover and cornice boards**—Interior Design Partners Custom (address above). **Table lamps**—George Kovacs Lighting, Inc. (address above). **TV**—Sony Corp. of America, 1 Sony Dr., Park Ridge, NJ 07656. **(*Center*): Paint,** color nos. 79–34 (wall), 70–17 (trim)—The Glidden Co. (address above). **Ceramic tile on walls,** "Venis Basic Blanco," "Venis Bourdura Sequoia Curry," and "Venis Bourdura Cuencu Curry"; **marble tile on countertop and floor,** "Rosa Duquesa"—Rubble Tile (address above). **Grout**—DAP (address above). **Bathtub and shower stall unit,** "Aventura Shower and Soak Whirlpool,"; **fixtures,** "Pillow Talk"—Kohler Co. (address above). **Mirror**—Binswanger Mirror, 965 Ridge Lake Blvd., Box 171173, Memphis, TN 38117. **Sconces**—Winona Studio of Lighting, 3760 W. Fourth St., Winona, MN 55987. **Towels,** "Cambridge Ecru"—Cannon Mills, 1271 Ave. of the Americas, New York, NY 10020. **(*Inset*): Opaque, clear window glazing**—Varilite Vision Panel, Taliq Corp., 1277 Reamwood Ave., Sunnyvale, CA 94089. **(*Bottom*): Paint,** "Constitution" (wall only; trim color custom mixed)—The Glidden Co. (address above). **Concrete roof tiles**—Vande-Hey-Raleigh Mfg. Co., Inc., 1565 Bohm Dr., Little Chute, WI 54140. **Brick veneer**—Interstate Brick, Ochs Bricks and Tile Co., 15300 W. 79th St., Eden Prairie, MN 55344. **Glass block,** "PC GlassBlock"—Pittsburgh Corning (address above). **Exterior bracket lights**—Bega, Box 50442, Santa Barbara, CA 93150. **Patio pavers**—Sioux City Brick, Minnesota Brick & Tile, 520 W. 86th St., Bloomington, MN 55437. **Paver edging**—Pavetech, Inc., 10800 Morris Ave., S, Bloomington, MN 55437. **Patio furniture**—Tropitone Furniture Co., Commerce Blvd., N., Hwy. 301, P.O. Box 3197, Sarasota, FL 33578. **Pool lighting**—Fiberlite, 2803 New Kirk Ct., Euless, TX 76039. **Lap pool and spa,** "Counter-Swim"—Speck Pump-Pool Products, Inc., 7775 Bayberry Rd., Jacksonville, FL 32256. **Lap pool and spa,** courtesy of—National Spa and Pool Institute, 2000 K St., NW, Washington, DC 20006. **Exterior track lights on columns**—Luma, P.O. Box 4069, Orange, CA 92613-4069.

For the Directory of Architects and Designers, see page 142.



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ROOMS BY BASSETT—A 32-page, full-color publication featuring ideas and helpful hints on redecorating and furnishing every room in your home. Tips on design, room arrangement and remodeling. BASSETT. $5.00. Circle No. 31.

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THOMASVILLE FURNITURE—Thomasville's Complete Guide to Fine Furniture Selection and Furniture Care. THOMASVILLE. $3.00. Circle No. 43.

"DREAMS COME TRUE WITH WAVERLY" IDEA BOOK—Lots of decorating tips for every room in the home. Full color photographs using Waverly Fabrics, Wallcoverings and Home Fashions products to help you create your personal decorating statement. WAVERLY. $2.00. Circle No. 44.

HEALTH

HOW DOG SMART ARE YOU?— All dog owners should know what heartworms and hookworms are, and how to protect their animals from attack. This 8-page color brochure from CIBA-GEIGY Animal Health describes these harmful, common parasites and a convenient medication designed to prevent both heartworm and hookworm, called Interceptor®. CIBA-GEIGY. FREE. Circle No. 45.

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"UNDERSTANDING EMPHYSEMA" BROCHURE—This 6-page booklet from National Jewish Center for Immunology and Respiratory Medicine in Denver helps people cope with emphysema. Subjects include: causes and complicating factors, relieving symptoms, and how to live a fuller life. NATIONAL JEWISH. FREE. Circle No. 47.

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"THE POOL BOOK"—A brand new edition of the BioGuard Pool Book. A guide for pool owners on the care and maintenance of their pool—from opening to closing. With a section on trouble shooting, safety tips, and a glossary of pool terms. BIO-LAB INC. FREE. Circle No. 49.

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APRIL



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The new Woodzig power pruner clean-cuts tree branches up to 3 inches in diameter, eliminating the need for pull-cords or manual sawing. The cutting system—chain, bar, and sprocket—comes in a replacement cassette that lasts for up to a year of normal use.

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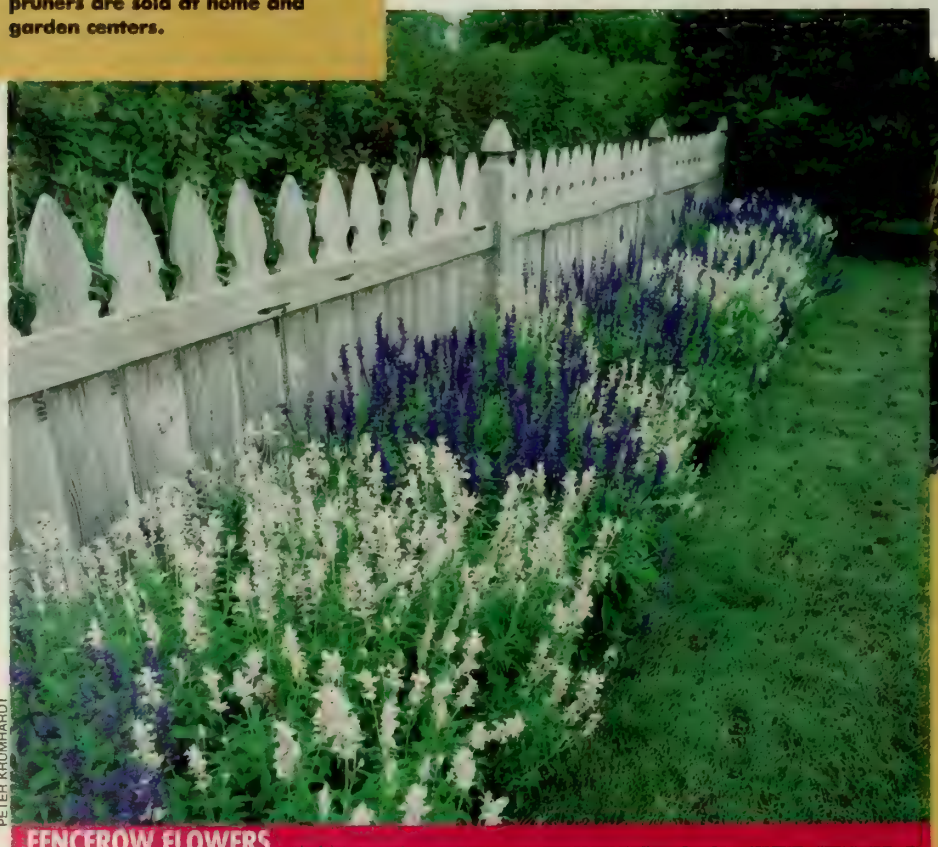
ENCHANTING EXOTIC

Mandevilla vine will quickly smother your porch rail or arbor with 2- to 4-inch, rose-pink flowers. Thriving in partial shade, this tropical vine can be grown year-round outdoors only in the warmest parts of the country. In other regions, move the potted plants indoors before frost. Watch for mandevilla at your local greenhouse.



PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON



PETER KRUMHARDT

FENCEROW FLOWERS

Most gardeners are more familiar with its popular cousin, the scarlet sage (*Salvia splendens*), but *S. farinacea (above)* is turning heads with its showy spikes of violet-blue or white flowers. Growing 24 inches tall in a sunny, well-drained spot, the bushy plants are especially appealing designed in alternating drifts or clumps. A white picket fence creates a charming, old-fashioned backdrop. Salvias are available as bedding plants at nurseries and garden centers.



PHOTO: ED GORLICH. REGIONAL EDITOR: SHARON HAVEN

CONTROL SNAILS AND SLUGS

Snails and slugs (shell-less snails) appear this time of year in mild climates. To control these pesky garden critters before they devour her favorite flowers, Karen Kees, our California test gardener, sets out commercial snail baits, available at garden centers.

"Snail baits only paralyze snails," she says. "What actually kills them is exposure to sun and heat." Rainy or cool, overcast weather reduces the effectiveness of baits. During these times, Karen picks and discards snails and slugs by hand. Dry summer weather naturally eliminates the problem.



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BY REBECCA JERDEE



Bill's eye for earthly treasures caught these shells. Their textures contrast with a table Cynthia designed.

We're creatures of habit. We build our nests from sticks and stones, feather them with soft comforts, and take great pleasure from burrowing in. Like an eagle's nest anchored in an ancient tree, Cynthia Snellman's reclaimed bungalow rests in a cliffside high above the waters of Puget Sound. Although urbanization flanks it on all sides, her tranquil earth dwelling, shared with husband, Bill Price, blends seamlessly

Creatures wild and tame share Cynthia's piece of the rock.

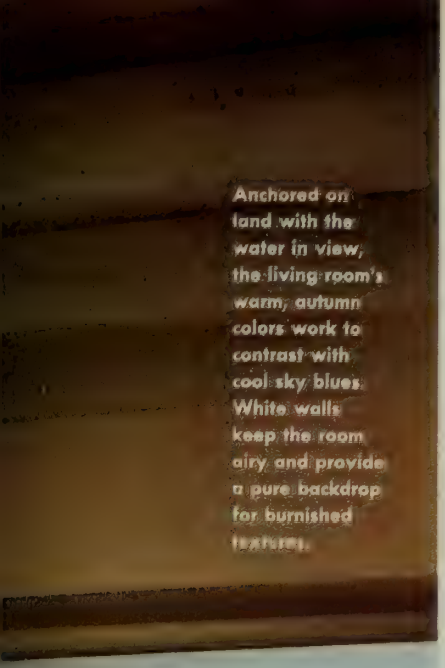




Animal tracks merge with footsteps near the door.


Wild Mammals
LORDS of the STORM

creature comforts



Anchored on land with the water in view, the living room's warm, autumn colors work to contrast with cool sky blues. White walls keep the room airy and provide a pure backdrop for burnished textures.



Wild, innocent things come indoors by way of Cynthia's personal collage work.

into a natural habitat. For Cynthia, nest building is evolutionary as well as instinctive. Pieces from her past mix with gatherings of the present; new rooms grow out of old ones. Today, her recycled home, rescued from the winds of weather and ruin, emerges as an up-to-date, naturalized whole. We can learn from her. Here's how:



PHOTOGRAPHS: MIKE JENSEN. DESIGN: CYNTHIA SNELLMAN. REGIONAL EDITOR: TRISH MAHARAM

Bring the out-of-doors inside. Cynthia's newly remodeled oceanside windows, unseen by streetside passersby, remain uncovered to reveal nature's panoramic view. Ships on the water put her and her friends in touch with the global world. In the seating area, her sure, designing hands blend a collection of nubby upholstered seats, leather sofas, bamboo chairs, baskets, and knotted rugs. The pieces weave together like the fundamental hand-dyed fibers of an ancient woven cloth. Other natural materials



A hint of what lies beyond: Cynthia's etched paw prints on her door suggest motifs you can etch or paint to entertain guests at your entry.

creature comforts

No need to launder tablecloths. For a permanent table covering, Cynthia designed a glass-topped table to showcase a kilim rug.

find their way into the rest of the house. Here, pale wood cabinets, granite countertops, and metal pendant lights update the kitchen.

Let nature tame technology. Clean, simple surfaces without frivolous decorations mark today's earth-friendly interiors. The straightforward craftsmanship of Cynthia's table designs and irregu-





Untreated windows make the dining room seem larger. In a pure and simple setting, food looks more attractive and appetizing.

bine
shings by
." Slate tile
s solid
rfoot; rugs
n and warm
tile floors;
r chairs
ort gently.

larly patterned slate floor symbolize a humanizing of high-tech.

Rely on your instincts. Like the animals that live near Bill and her, Cynthia responds to her environment intuitively. She trusts her instincts to say yes when a room feels right. Sometimes a piece of furniture purchased for one space ends up in another. For example,



Cedar planking, pine blinds, and dark-stained beams create a woodsy blend for walls and ceilings. The handsome woodwork wraps the room and its sleeping inhabitants in absolute comfort and warmth.

creature comforts



Entering the master bedroom is like opening the lid to a treasure box of antiques. Old baskets and clay pots line a long shelf above the doorway, testifying to Bill and Cynthia's interest in original cultures.

the twig chaise purchased with the rest of the deck furniture never made it out the door. It was too inviting as a cozy lounge inside the master bedroom.

Stir the melting pot. It's an American privilege that we are connected to other cultures. Cynthia's ingredients for a bedroom getaway: an old English pine door, a Japanese chest, Chinese wicker, and Indian carpets.



Add texture to flavor a neutral scheme. Wood blinds, fabric imitating a leopard skin, and an old Kinkit basket atop a chest tantalize the sunlight.

creature comforts



Reminders of Cynthia's roots: Father's old red leather chair and a book of animal tracks that symbolize her affinity for nature.

Nest building is an ongoing process that flows with a change of season or with life's little surprises. Often, a season of growth and then, perhaps, one of dormancy, is followed by major pruning. Cutting back on possessions allows us to rediscover our roots and to freshen our nests. In Cynthia's guest bedroom (*below*) the refurbishing is still going on. No hurry, though; decorating is one of her biggest pleasures.



While scraping the original walls of the house, Cynthia paused along the way. The texture tells the story of the evolving house.

Buying information, page 122.

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MORTGAGE REFINANCING
What's Your Best Strategy?

When we went to press, mortgage rates were at their lowest since 1974. In fact, requests for refinancings had created such a logjam that many deals were taking at least 90 days to close, rather than the typical 30 to 60. Some lenders weren't even returning phone calls, and appraisers were weeks behind schedule.

If you're considering refinancing, set the process in motion now. Rates may well be on the rise, causing a still bigger backlog as procrastinators rush in. Even if rates were to drop again, the paperwork pile-ups make delay risky.

Start now by determining why you might refinance. Then compare deals, using the chart at right as a guide.

Lower monthly costs. If your main goal is to save on monthly costs, you probably want a rate that is at least 1.5 or 2 percent less than that of your present loan. Some advisers say that just 1 percent is enough, if you plan to stay in the house for several years.

Closing costs count, too. These include appraisal, credit, legal, title search, and other fees—plus "points," each equal to 1 percent of the loan. More points generally mean lower rates—about one-eighth of a percent for each point—and vice versa. Points on a refinance generally are tax-deductible only over the life of the loan, not all in the first year.

Closing costs may add up to 4 or 5 percent of the total loan. If you aren't planning to stay put at least as long as it takes to pay off those costs (see Section III on the chart), you may be better off sticking with your present loan. Or, you might go for a cheaper adjustable rate mortgage (ARM), with the idea that you will move before rate hikes cost too much. ARMs typically set up to a 2-percent cap on rate rises per year, with a lifetime cap of 6 percent. (To figure ARMS in Section II, assume maximum rate rises.)

Recapturing equity. Your goal could be a larger loan, leaving you with a hunk of cash after you pay off your present loan. One possible hitch: Housing values have dropped in some parts of the country. Your home's current value might not warrant a larger loan, and maybe not even a regular refinancing—at least not without private mortgage insurance, which raises monthly costs for several years.

Paying off the mortgage sooner. If your present loan runs 25 or 30 years, and payments are comfortable, look into a 15-year loan. Rates are slightly lower, although your monthly payments may run a bit more than with your present loan. Still, you'll build up equity much faster and save thousands of dollars in interest over the lifetime of the loan (Section IV). Alternative: You might refinance for, say, 20 years, and pay down the loan faster by adding a 13th payment each year. But before committing to shorter loans or earlier payoffs of any sort, take into consideration how else you might invest the extra cash you would have in hand by refinancing for lower monthly payments over 25 or 30 years. A long-term-growth mutual fund might better meet such goals as college or retirement, for example.

How do you crack the logjam? Be persistent, be patient, and be prepared. Keep after lenders by phone; if no answer, try other lenders. Ask for current rates and closing costs, and set up an appointment. That may not be for several weeks, so come prepared. Know what kind of deal best fits your goals. Bring a list of *all* current debts and bank accounts, with addresses and account numbers, plus copies of your last two tax returns. Also bring a checkbook; many lenders now require various fees up front (maximally, a few hundred dollars), rather than just before or at closing.

Can you lock in rates? Not until you make a written application for the loan. Even then, standard practice is to hold the rate for just 45 or 60 days. Extensions may cost you an extra eighth of a point or so up front.

WHAT WOULD YOU SAVE?

To compare the costs of your present loan with those of refinancing, you must consider the differences between monthly payments, plus how long it will take you to pay off the up-front costs of refinancing. See text about figuring monthly payments for adjustable rate loans and about comparing total costs.

I. CURRENT LOAN	NEW LOAN
Amount $ _____	$_____
Interest rate _____ %	_____ %
Duration of loan _____ yrs.	_____ yrs.

II. MONTHLY COSTS* (principal and interest)

A. $ _____ per month | A1. $ _____ per month

B. Monthly difference (A minus A1) $ _____

III. REFINANCING COSTS

C. Total costs of new loan $ _____ (points; application, appraisal, other fees; see text)

D. Number of months it would take to pay off: _____ months (C divided by B)

IV. LIFETIME LOAN COSTS (B times 12 times number of years)

$ _____ | $ _____

*Calculation does not account for net cost differences due to the tax deduction for mortgage interest, both federal and local. Smaller principal and interest payments mean relatively smaller tax deductions. Tax bracket changes also will have an impact on your net costs.



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BUILD A TWO-PIECE FOLDING CHAIR

Here's an attractive patio furniture project you can build yourself in a weekend. This two-piece folding chair pulls apart and folds together for space-saving storage.

The secret of this chair's success is in the shape of the supports. Using the gridded pattern provided in our plans gives you a back support cut in exactly the same shape as the seat support. After you pull them apart, you simply slide the seat support inside the two leg supports for storage.

The slats are attached with 1-inch screws countersunk and capped with wood plugs that are sanded flush. We used ¾-inch white oak for the slats and 1 1/16 white oak for the back and seat supports.

Tools needed:
To cut out the two back supports and two seat supports, you'll need a band saw or a good saber saw with a sharp blade. A radial arm saw or table saw will help speed up the cutting of the slats, although any saw will do. We used a ¼-inch roundover bit in a router to soften the edge of the last slat on the seat. You'll also need a drill press or electric drill with a combination ⅜-inch countersink/counterbore bit to drill screw holes for the slats.

HOW TO ORDER

To order a plan for the Folding Chair, send a check or money order for $7.95 (U.S.) to:

Better Homes and Gardens®
Project Plans Sales
Dept. 47-N, Box 9255
Des Moines, IA 50306

100% MONEY-BACK GUARANTEE if not completely satisfied. If applicable, state and local taxes are included in the price of the plan. Allow four weeks for delivery.



This sturdy and easy-to-build oak patio chair can be pulled apart and folded up into a flat bundle for convenient, space-saving storage.

Photograph: Bill Hopkins



Heartworm disease can be deadly to your dog, and it's spreading throughout the country. Because your dog is your special friend and you care about its health, it is important to choose a heartworm preventive with demonstrated effectiveness, and one that your dog will enjoy taking and you'll find easy to give.

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WHY LONELY DOGS BARK
And how to remedy the problem



Pets thrive with loving care from their human family.

Dogs that bark constantly whenever they're left alone become a neighborhood nuisance. Yelling at them or threatening punishment won't stop their racket. But two simple steps often solve the problem. Give your dog some attention before you leave home, then praise it profusely when you return.

Dogs are social animals. In the wild they depend on their pack for survival. For pets, your family becomes the pack. And your dog sees separation from the pack as punishment. Giving Ranger the attention he needs helps build his confidence. So when you leave, the separation seems less painful.

Hard cases. Some dogs suffer from separation anxiety. This psychological ailment occurs when a dog suddenly receives less attention than usual, such as when a parent rejoins the workforce. The dog doesn't understand why it's alone. Dogs suffering from separation anxiety might bark, destroy furniture, or soil the carpet—but only when left alone.

Often it takes expert help to cure a dog of separation anxiety. Trained animal behaviorists design exercises that have you leave home for greater and greater amounts of time. Plan to spend about 10 minutes a day—for three to six weeks—working with your pet; expect to pay $100–$200.

—By Mark Ingebretsen

GET OFF THE BED

Don't share a blanket with your pet

Tired of Towser taking over your bed every night? Reclaim your mattress with this method recommended by animal behaviorists.

Buy your pet a bed that feels as soft, comfortable, and warm as your own. Put it in your bedroom, and let Towser know the new bed is his by including some familiar toys.

When Towser hops on your bed that night, tell him to get down. Here's the important part. After Towser settles quietly into his bunk, give him immediate and lavish praise.

Dogs aim to please. By rewarding Towser for his appropriate behavior—settling quietly into his own bed—you'll soon break the old habit.

Some clever dogs wait till their owners fall asleep, then hop on the bed to join them. Prevent this by tying your dog on its leash. Dogs commonly protest when this happens, so use the training method described above: praise when your dog is quietly settled, avoidance when it raises a fuss.

Just for pups. The easiest way to train a dog to stay off the bed is to start when it's a puppy—using the method above. But since puppies tend to get especially lonely in a strange new home, employ an old remedy. Wrap a windup clock in a towel. The muffled ticking sounds remind pups of days back in the litter.

—By Mark Ingebretsen

DON'T SPRAY THAT CAT!

Insect repellents can poison your pet

The weather's warmed up, and your cat wants out. So, to protect your pet from ticks that might be carrying Lyme disease, you figure what's good for the kids will also work for the cat, and coat it with insect repellent. Did you know that you may actually be poisoning your pet?

Cats are more vulnerable than people—and dogs—to many toxic substances, including DEET (N, N-diethyl-m-toluamide). DEET is found in many common insect repellents, especially those meant to protect against deer ticks, associated with Lyme disease.

DEET poisoning symptoms include seizures, tremors, and vomiting.

Daniel Ness, D.V.M., with the National Animal Poison Control Center (NAPCC), says adverse reactions to DEET normally occur when the chemical is used with insecticides. But DEET alone can cause illness in some animals. If your pet is accidentally poisoned by a repellent, Dr. Ness recommends bathing it with soap and water. Then contact your veterinarian. Some repellents and insecticides pass through the body and are excreted relatively quickly, but this varies.

Many antiflea products, including collars to repel ticks, are safe but aren't 100 percent effective. Never use dog products on your cat.

What's the best way to protect your cat from ticks? Keep it inside.

—By Barbara Hall Palar

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You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project (see list of cosponsors, far right).* Examples: a kitchen revamp that includes new appliances and cabinets, or a family room addition that includes new windows and interior and exterior paint.

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1992 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

**These prizes are void in Arizona, Maryland, and Vermont.*

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank, *below*, or a photo copy, by October 1, 1992. We'll send you complete details and entry materials, along with our official entry form.

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, Before and After photos, and receipts that could make your project a winner.) **All final entries must be postmarked by February 1, 1993.**

3. THE WINNERS: Winners will be selected on or about May 31, 1993. We will notify all winners by mail and publish the top winner in each category in our November 1993 issue.

Following is a list of cosponsors providing $500 for best use of product. (Watch for additional cosponsor special awards ranging in value from $350 to $10,500, to be announced in March 1992.)

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❑ 4. Bathroom Remodelings ❑ 5. Interior Remodelings ❑ 6. Additions
❑ 7. Whole-House Remodelings ❑ 8. Daylighting

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted.



CREATURE COMFORTS

Pages 104–105: Upholstered chairs—Baker Furniture Co., 917 Merchandise Mart, Chicago, IL 60654. **Upholstery fabric**—To The Trade, 800/786-1816.

Pages 106–107: Refrigerator—Subzero Freezer Co., P.O. Box 4130, Madison, WI 53711. **Windows**—Pozzi Window Co., P.O. Box 5249, Bend, OR 97708; 800/547-6880. **Hanging lights**—Ron Rezak, Dist. by Artemide, 1980 New Highway, Farmingdale, NY 11735.

Pages 108–109: Sheets—Garnet Hill Catalogue, 262 Main St. Franconia, NH 03580. **Fabric on chaise**—To The Trade, 800/786-1816. **Windows**—Pozzi Window Co. (address above). **Window blinds**—Levolor Lorentzen, Inc., 1 Upper Pond Rd., Parsippany, NJ 07054.

BUNNIES ON PARADE

Pages 127–134: Live rabbits—Sharon Dolash, 9425 NE. 12th Ave., Altoona, IA 50009; 515/967-7331.

Pages 128–129: Child's dress pattern—Butterick 3790. **Live rabbits**—Sharon Dolash (address above). **Cement rabbit,** "English Hare"—Ballard Designs, 1670 DeFoor Ave., NW, Dept. P1096, Atlanta, GA 30318-7528; 404/351-5099.

Page 130: Acrylic paint on tin wall hanging, "Quik-Crackle"—Duncan Enterprises, 5673 E. Shields Ave., Fresno, CA 93727; 209/291-4444.

Page 134: Rabbit pitcher, rabbit tidbit dish, "Kensington Rabbit"—Fitz & Floyd, Consumer Relations, P.O. Box 815367, Dallas, TX 75381-5367; 214/484-9494. **Bunny tic-tac-toe game**—The Paragon, Dept. bhag, P.O. Box 996, Westerly, RI 02891.

SPRING DELICIOUS

Page 149: Table, "Gueridon Louvre"—Smith & Hawkins, 25 Court Madera, Mill Valley, CA 94949. **Chair**—Owlee, available at Frellen's, 530 Francisco West, San Rafarl, CA 94901. **Cake server,** "Heritage"—Gorham, Inc., P.O. Box 906, Mt. Kisco, NY 10549.

Page 151: Bowl—Sue Fisher King, 3067 Sacramento, CA 94115.

Page 152: White plate, "Philippe Deshoulieres"—available at Touch of Gold, Inc., 1508 Redwood Highway, Corte Madera, CA 94925. **Bench**—Smith & Hawkins (address above).

Page 153: Pink plate, "Antheor"—Sue Fisher King (address above). **Plate**—Sue Fisher King (address above). **Knife, fork, and spoon,** "Delarboules Coutelier a Thiers"—Sue Fisher King (address above). **Pink goblet**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044.

Page 157: Floral plate, "Albertina"—Villeroy & Boch (USA), Inc., I-80 at New Maple Ave., Pine Brook, NJ 07058.

PRIZE TESTED RECIPES®

Page 173 (*right*): Forks, "Windows"—Sasaki, 41 Madison Ave., New York, NY 10010. **Spoon,** "Aegean Weave"—Wallace Silversmiths, P.O. Box 9114, East Boston, MA 02128.

Page 174 (*left*): Plate, "Brushed Blue"—Caleca USA Corp., 41 Madison Ave., 17th Floor, New York, NY 10010. **Place mat,** "Color Wash"—Sybaritic, 115 Pompkins Ave., Pleasantville, NY 10570. **(*Right*): Fork,** "Pacific Tide"—Oneida Silversmith, Oneida, NY 13421.

DIRECTORY OF ARCHITECTS, DESIGNERS

AFFORDABLE LANDSCAPING

Page 17: Landscape architect—Anderson Design Services, P.O. Box 5264, Minnetonka, MN 55343. **Garden design**—Kay Weber-Anderson, Weber Design Services, P.O. Box 5264, Minnetonka, MN 55343.

Pages 18–19: Landscape architect—Michael Schultz, 625 NW. Everett St., Portland, OR 97209.

Pages 20–21: Landscape architect—Gene Kunit & Assoc., 4403 Evans, Oakland, CA 94602. **Landscape architect**—John Herbst, Jr., 7610 SW. 17th Dr., Portland, OR 97219.

Pages 22–23: Landscape architect—Rebecca Wayne Collins, The English Design, Ltd., 1604 Defoors Walk, NW, Atlanta, GA 30318. **Landscape architect**—Keith Allen, Garden Structures, 624 S. Seventh St., St. Charles, IL 60174.

Page 24: Landscape architect—Huntington-Kiest, 2892 NW. Upshur, Portland, OR 97210.

HOME OF THE FUTURE

Pages 75–95: Architect—Bloodgood Sharp Architects and Planners, 3001 Grand Ave., Des Moines, IA 50312; 800/752-6728. **Interior design**—Tamara Weik, Michael Schneider, Julie Ann Lewis, Jennifer Butler, Jane Nelson, Interior Design Partners, 7100 France Ave., S, Edina, MN 55435. **Lighting consultant**—Patricia Yorks, Patricia Yorks Design, Inc., 2825 Casco Point Rd., Wayzata, MN 55391. **Fireplace sculptor**—Ken Williams, Summit Brick and Tile Co., 13th and Erie, Pueblo, CO 81001. **Electronics systems coordinators**—Tricia Parks, Parks Assoc., 5310 Harvest Hill Rd., Ste. 235, Dallas, TX 75230; Michael Cogbill, Intelihome, 8350 N. Central, Ste. M-2076, Dallas, TX 75206. **Construction**—Craig Degendorfer, Lundgren Bros. Construction, Inc., 935 E. Wayzata Blvd., Wayzata, MN 55391. **Landscape design**—Rick Weaver, Halla Nurseries, 10000 Great Plains Blvd., Chaska, MN 55318. **Project participants**—American Wood Council, 1250 Connecticut Ave., NW, Washington, DC 20036. Builders Assn. of the Twin Cities, 2905 Northwest Blvd., Ste. 50, Minneapolis, MN 55441. Homestyles Source One Designer's Network, International Market Sq., 275 Market St., Minneapolis, MN 55405. Minnegasco, 201 S. Seventh St., Minneapolis, MN 55402. National Association of Brick Distributors, 1000 Duke St., Alexandria, VA 22314. National Spa and Pool Institute, 2000 K St., NW, Washington, DC 20006. Prodigy Services Co., One N. Broadway, White Plains, NY 10603.

BUNNIES ON PARADE

Pages 127–134: Lop-Eared Pull Toy—Jim Williams.

Pages 128–134: Bunny Patch Dress, Carrot Button Covers, Bunny Hutch, Tin Wall Hanging, Carrot, Lettuce and Bunny Stencils—Jil Severson.

Page 129: Painted Rug—Barb Vaske.

Page 130: Bunnies-in-the-Garden Quilt—Kathy Moore, Jil Severson.

Page 132: Paw-Paw Puppets—Nancy Kluender.

Page 134: Jack Rabbit—Kathy Moore.



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bunnies on parade

By Jilann Severson

Ten Hoppy Projects to Craft

Come on down our bunny trail, where toys, furniture, clothing, and more all have a hare-raising theme. They're so cute and cuddly, you'll want to craft every one. Now hop to it!





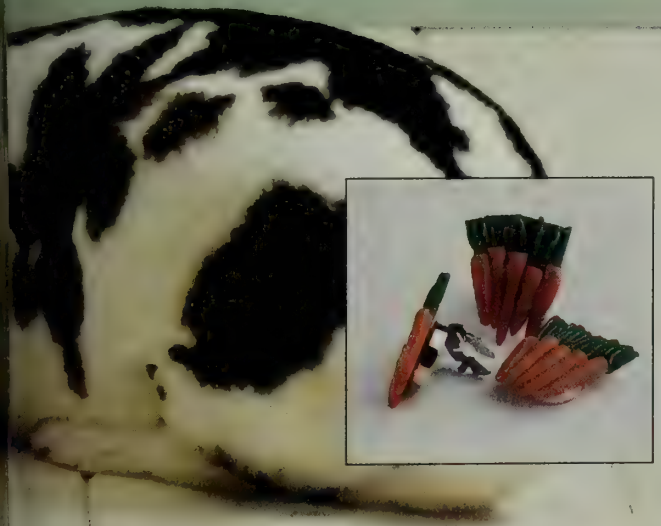
BUNNY PATCH DRESS
Stenciled cottontails hippity-hop their way around a bordered skirt while another pair of hares sporting button tails replaces traditional square pockets on an ivy-printed jacket. Use a commercial pattern for the basics, then adapt it slightly, following the directions on *page 141*.

bunnies on parade



PHOTOGRAPHS: GENE JOHNSON.

PAINTED RUG
Yipes! Stripes! Bands of acrylic paint brighten a ho-hum rug. Follow our design or sketch your own on graph paper. Lightly transfer the lines onto the rug, then cover each area with paint.



CARROT BUTTON COVERS
Top off the Bunny Patch Dress or other springtime duds with trims of modeling clay and snap-on button covers.

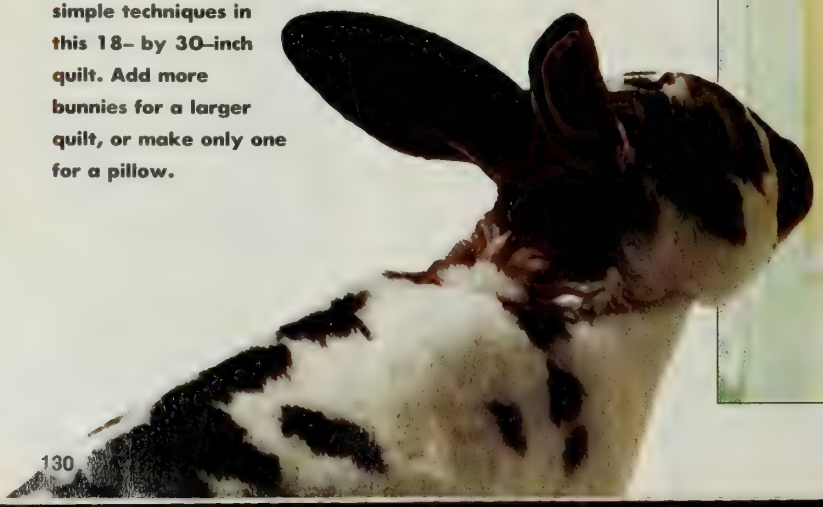
bunnies on parade

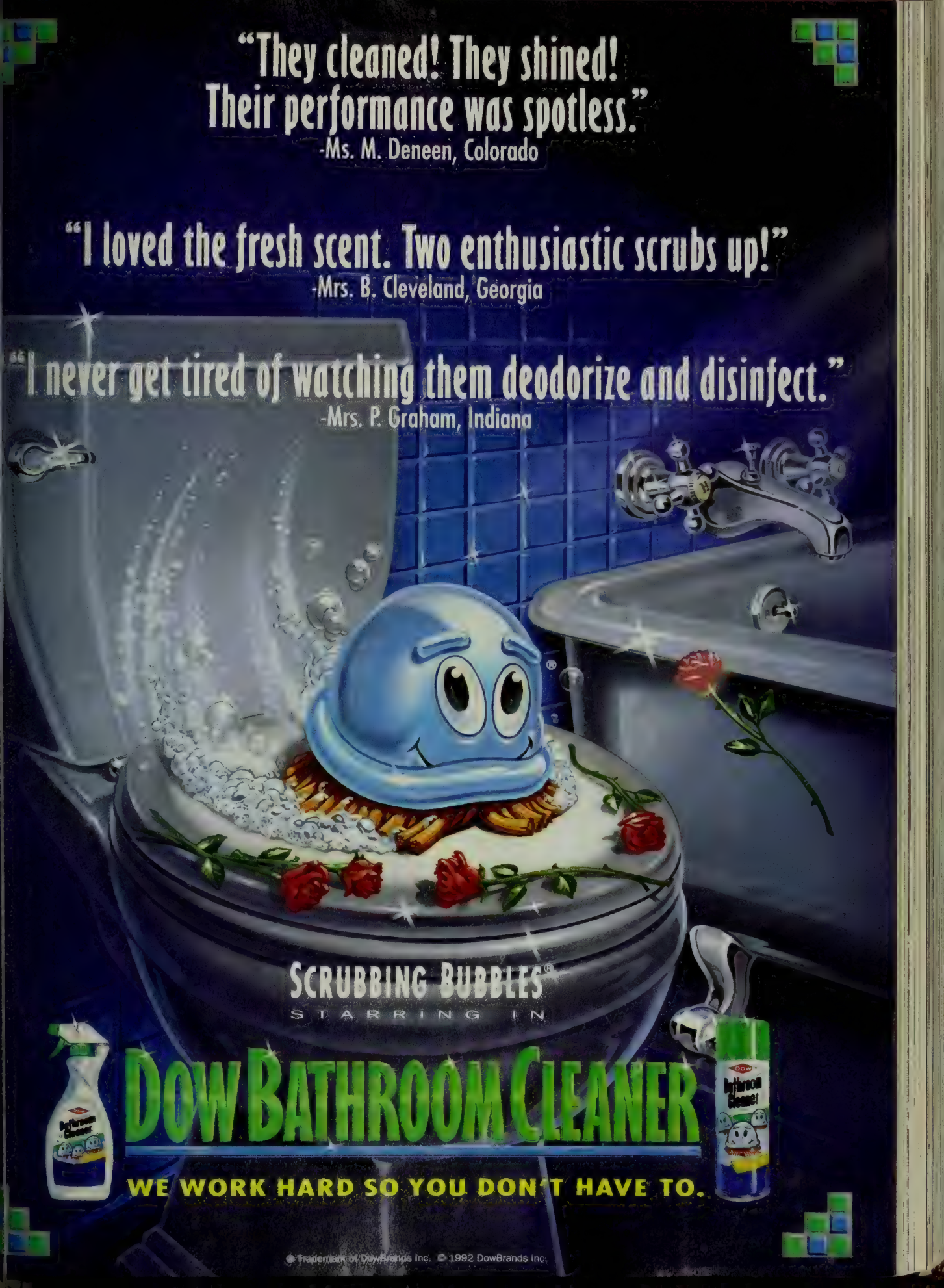


BUNNIES-IN-THE-GARDEN DOLL QUILT
Two flop-eared sisters tiptoe through the carrot patch, sharing their calico bounty. Strip-pieced bunnies, stenciled carrot bands, and picket fence borders of appliquéd ribbon combine a variety of simple techniques in this 18- by 30-inch quilt. Add more bunnies for a larger quilt, or make only one for a pillow.

TIN WALL HANGING
Little Miss Mopsy tips one ear in a friendly salute. She's cut from lightweight metal, then painted with a special crackle medium and acrylic paint for a slightly aged look. Her cockeyed whiskers are snippets of wire.






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bunnies on parade



PAW-PAW PUPPETS

Wiggle-footed bunnies dance about when your fingers slide into their paws. Cut them from hardboard, then paint their clothes to match their fabric-scrap sleeves. The pattern on *page 136* shows you how. When they're not on your hands, they'll hang on the wall.

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bunnies on parade



BUNNY HUTCH
Fresh from the garden, our corner cabinet sprouts a picket fence front and a back with chicken wire and bunny, carrot, and lettuce cut-outs. Sanding gives the brightly colored shelves and surfaces a warm, aged look. The cabinet measures about 6 feet tall and 42½ inches across the front.

JACK RABBIT
Decked out in corduroy and a woolly cardigan, this tweedy guy guards his own stash of green-topped goodies.



Instructions begin on page 136.
Buying information, page 122.

LOP-EARED PULL TOY
Sculpt layers of wood into a tag-along toy by sanding, add fabric ears that hang long and low, then glue on a pom-pom tail for a graceful hare that rides along on a chintz-covered base.



WALL STENCIL
Lettuce, carrots, and bunny stencils just keep multiplying all around a room. Sponge painting adds the easy detail.



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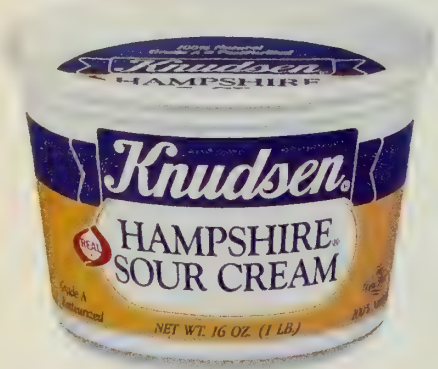
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Knudsen
RECIPE CONTEST

Is your sour cream recipe good enough for Knudsen®?



Win a trip to San Francisco, a food processor or a Better Homes and Gardens Cookbook.

OFFICIAL CONTEST RULES:

1.TO ENTER: Send original recipe along with your full name, address, zip code, and day telephone number to Good Housekeeping Knudsen Recipe Contest, P.O. Box 1422, Radio City Station, New York, NY 10101. Recipe must: be your own original creation; have not won a previous prize or award; have not been previously published; and use at least one cup of Knudsen Sour Cream. No dip recipe will be accepted. Enter as often as you wish, but one entry per envelope. List all ingredients using exact U.S. measurements. Give complete directions for preparation, number of servings, and utensils required. Ingredients used must be readily available. Print or type your recipe legibly on 8 1/2" x 11" plain piece of paper. All entries must be postmarked by May 15, 1992. Sponsor not responsible for lost, late or misdirected mail.

2.All eligible recipes will be judged on the basis of originality (10%), taste (40%), appearance (20%) and ease of preparation (30%). Judging will be done by a qualified panel of chefs, food editors and/or home economists selected by The Hearst Corp. from the staff of the Good Housekeeping Institute.The decisions of the panel are final. In the event of a tie, entries will be judged on the basis of ease of preparation. Winners will be notified by mail by November 30, 1992 and must sign an Affidavit of Eligibility within 14 days of receipt or alternate winner(s) will be selected. All recipes become the property of Kraft General Foods, Inc. (KGF), and will not be returned. KGF reserves the right to publish the submitted recipes in any manner and at its sole discretion in all advertising materials, including, but not limited to print, radio, TV and trade materials. KGF reserves the right to modify or alter any recipe title or recipe prior to release.

3. Prizes: (1) Grand Prize is a 3-day/2-night trip for two to San Francisco, which includes round-trip coach air transportation, hotel accommodations, dinner at a top restaurant, and spending money of $500. Trip must be taken by November 30, 1993. Dates of travel subject to availability. Certain blackout dates may apply. (ARV: $2,500.) (1) Second prize is a food processor (ARV: $200), and (25) Third prize winners will receive a Better Homes and Gardens Cookbook (ARV: $19.95 each). Grand prize winner and travel companion must sign liability release. Sponsors shall not be liable for damages associated with acceptance, travel, or use of grand prize. No prize substitutions, except, at sponsor's option, a prize of equal or greater value due to unavailability.

4. Contest is open to all residents, 18 years and older, of the USA, its territories and APO/FPO addresses except employees of Kraft General Foods, Inc., Hachette Magazine Inc., The Hearst Corporation, The Meredith Corporation, their subsidiaries, affiliates, and advertising agencies, chefs, food editors, professional home economists; and their immediate families. By entering the contest, winners consent to the use of their names and/or likenesses without additional compensation for publicity/commercial purposes. Subject to all applicable state, federal, and local regulations. Void where prohibited, taxed, or restricted by law. All federal, state, and local taxes are the responsibility of the winner. For names of prize winners, send a self- addressed stamped envelope by December 31, 1992 to the address provided in paragraph 1.

BUNNIES ON PARADE

continued from page 134

PAW-PAW PUPPETS, page 132

Materials: *For both puppets:* 15×20-in. piece ⅛-in.-thick hardboard; acrylic paints in desired colors; brushes and sponge; scrap fabric for paws and sleeves; two 1½-in. pom-poms for tails (optional); 2 sawtoothed picture hangers (optional); craft glue; scroll or band saw.

Instructions: Finished size, approximately 13¾ in. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowance. *Note:* Painted backs, pom-pom tails, and hangers are optional.

Enlarge pattern (*below*) to scale (320 percent). Transfer to hardboard; cut girl bunny with skirt along solid lines. Cut boy bunny with pants along solid lines except for pants; cut pants along dotted lines. Drill two ¾-in. holes for paws as marked by shaded circles on pattern.

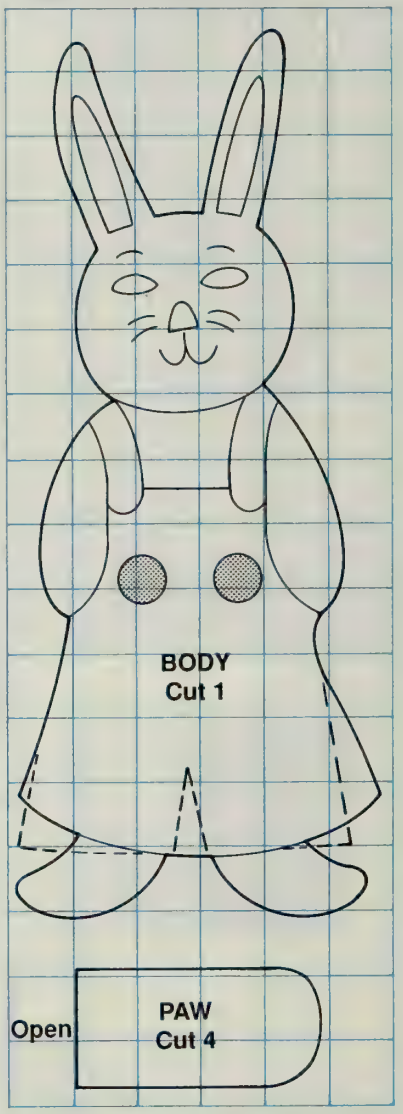
Sand and prime both sides. Paint bunny fronts following pattern, painting shirts to match sleeve fabric; let dry. If desired, paint backs.

Sew paws together in pairs, leaving opening as indicated; turn.

Cut four 4×3½-in. strips from sleeve fabric. Sew sleeve seam along long edge; fold in half, wrong sides together. Fit one paw into each sleeve; clip raw edge ½ in. all around. Insert clipped edge through hole from front to back. Using craft glue, secure clipped edge of sleeve and paw to back.

Tack hanger and glue pom-pom to back if desired.

PAW-PAW PUPPETS



1 Square=1 Inch

LOP-EARED PULL TOY, page 127

Materials: 6-ft. piece 1×8 pine; two 1½-in. wood screws; four ¼-in. washers; ¼-in. dowel 18½ in. long; primer; paints; ⅜-in. screw eye; small nails; 2-in. pom-pom; 2½-in. wooden ring; 1½ yd. 1-in.-wide ribbon; 11×21-in. piece floral fabric; white glue; white suede, imitation suede, felt, or other white fabric for ears.

Instructions: Finished size, 9½×17 in. Enlarge pattern (*page 139*) so 1 square equals 1 in. (320 percent).

Cutting: Trace pattern to pine and cut out as follows: 2 full bodies along heavy solid lines; 2 front legs along dotted line; 2 hind legs along light solid lines; and 2 hind sections along dashed lines. Cut four 3-in. wheels and 7½×17-in. base from pine. Cut out ears; set aside.

Assembly: Glue and clamp pieces together in pairs; sand. Rout or roundover edges. For softened lines on hips, hand sand to desired shape.

Glue and clamp front and back legs and hips in place. Let dry.

On base, cut 2 slots 5/16×5/16 in. across width for ¼-in. dowels to be used as axles. Drill ¼-in. holes in center of each wheel. Cut dowel in half; fit one dowel in each slot. Cut small slats to fit over axle slots; nail in place.

Spread white glue mixed with small amount of water over top, sides, and outer edges of bottom of base. Smooth fabric over top, folding and fitting along sides, and turning over bottom edge. Trim fabric from axle area.

Prime rabbit, wheels, and wooden ring. Paint rabbit white with small brushstroke for eye. Paint wheels and ring as desired. Having washer on end of each axle, glue wheels to axles.

Using ⅛-in. drill bit, drill consecutive holes for ear slot as marked on pattern. Chip out slot if necessary to form groove. Put glue in slot; insert short end of ears and secure until glue dries.

continued on page 139



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The Frugal Gourmet's™ terrific pasta dish.



Quick-Baked Pasta Family Style

2 Tbsp. olive oil
1 lb. lean coarse ground beef
3 cloves garlic, peeled and crushed
3/4 C. red marinara or spaghetti sauce
3/4 C. good brown gravy (homemade beef gravy, or canned brown gravy, in a pinch)
1/2 C. half and half
1/4 C. Parmesan or Romano cheese, freshly grated
1 tsp. dried whole oregano
1/2 tsp. dried whole rosemary
Salt and black pepper, freshly ground, to taste
3/4 lb. penne pasta (short, small pasta tubes)

Topping: 1 C. Mozzarella or Swiss cheese, coarsely grated

⚓ Bring 4 quarts of water to a boil. ⚓ Heat a large frying pan and add the oil, beef, and garlic. Saute until the meat is tender and then drain excess fat. Add all remaining ingredients except the cheese for topping and the pasta. Simmer the mixture while the pasta cooks until just barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart Anchor Hocking glass rectangular baking dish and top with the remaining cheese. Bake uncovered at 350° for 25 minutes or until all is bubbly hot. ⚓ Store leftovers in Anchor Hocking Pop-Top Storables® containers. Great for freezer, refrigerator or microwave. ⚓ Serves 6. ⚓ ANCHOR HOCKING

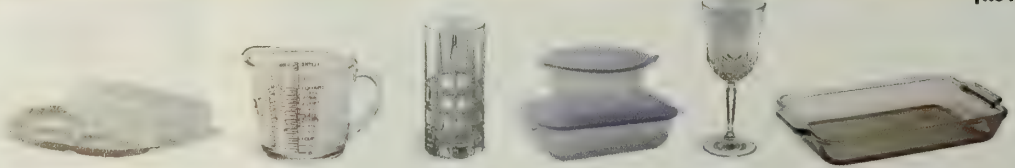
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BUNNIES ON PARADE

continued from page 134

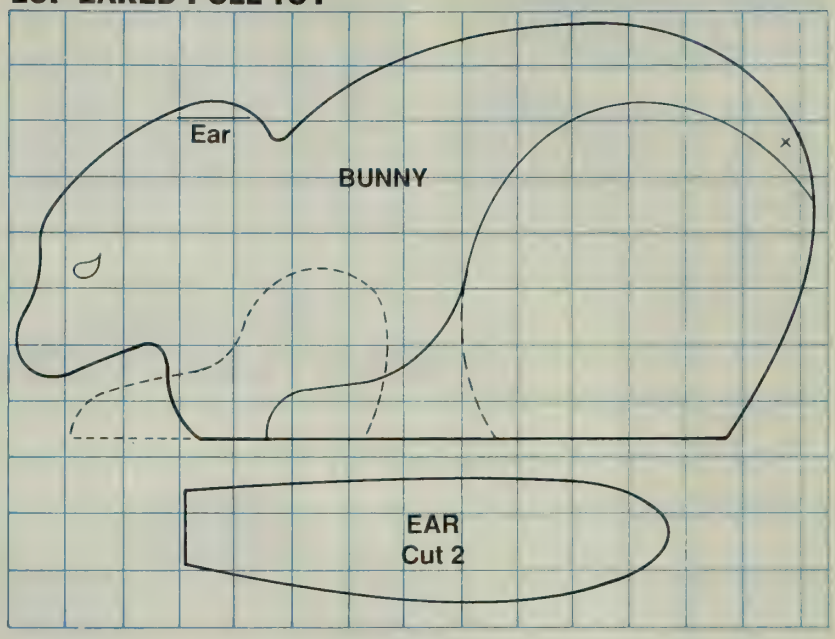
Note: If ears are too thin to stay tightly in slot or if wrong side of ear fabric is unattractive, cut 4 ears, flopping pattern for 2 ears. Using fusible webbing or fabric glue, join wrong sides of ears together in pairs. Glue pom-pom in place for tail. Insert screw eye in center front of base edge. Tie or tack ribbon to screw eye and wooden pull ring.

BUNNY HUTCH, page 134

Materials: *For upper half:* No. 2 pine as follows: two 8-ft. pieces 1×6; two 10-ft. pieces 1×4; one 8-ft. piece 1×4 for cross pieces; three 2½-in. No. 8 wood screws for back mitered corners; 1½-in. No. 8 screws for all other places; wood glue; 6 ft. 24-in.-wide chicken wire; staples and staple gun; green paint.

For lower half: one 4×8-ft. sheet ¾-in. plywood; ¼-in. plywood or hardboard for door panels; 2 pieces 8-ft. 1×8 pine for trim, door pieces and cleats; wood screws; ten 18½-in. pickets from snowfence or wood lath cut to picket shape; 2 pair shutter hinges; 2 ceramic knobs; wood glue; ¾-in. brads; paint.

LOP-EARED PULL TOY



For cutouts: ¼-in. hardboard scraps; primer; 2 shades green (lettuce, carrot tops), orange (carrots), white, black, brown, and tan (rabbits) paints or other colors as desired.

Instructions: Finished hutch size, approximately 6 ft. tall and 42½ in. across front. Finished cutout size for carrots, bunnies, and lettuce, 11 in.

continued on page 140

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BUNNIES ON PARADE

continued from page 139

Upper half: From 1×6, cut six 26½-in.-long pieces for shelves. Cut 45-degree angle on each end so one long edge remains 26½ in. To make corners, butt 2 shelves together gluing edges of joint, checking for square. From back side, insert 2½-in. screw through joint to hold. Let dry.

From 1×4 for back and front corners, cut six 36-in.-long pieces. Cut 45-degree angle on 1 side of each. Join miters together on 2 for back; glue and nail. For each front, have short point on front piece lined up with long point on back piece. Glue and nail each side.

Equally mark spacing for shelves. Fit and glue shelves to back and front pieces having edges flush and square. Screw into back corner of each shelf. Cut 1×2 to fit between front and back on top shelf only having 1×2 flush with top of shelf; glue and screw to back. For center shelves, rip 2¼-in. length to fit on center behind second and third shelves; glue and screw.

For bottom, cut ¾×1½-in.-long notch into each side of back corner and back piece of each front corner. Cut 1×1 to fit between back corner and each front piece, attaching at notch with glue and screws. Let dry.

Prime and paint green.

Cut two 36-in.-lengths chicken wire; staple in place across back.

Sand as necessary. If desired, rough-sand to give worn look.

Lower half: For back, cut 1 piece 28¼×34¼ in. long and one piece 29×34¼ in. long. Cut 45-degree angle on front edge of each piece. Butt 28¼-in. piece to 29-in. piece. Be sure each side measures same from back corners to long point of miter at front.

Cut 2-in. cleats to fit for bottom shelf; screw in place at lower edge. Cut bottom shelf to fit, having grain running along front edge. Screw in place from back side.

Fit and secure center shelf in same manner as above using 1×1-in. cleats.

Cut top as described above, fitting shelf to top of unit. Overlay end panels flush with miters at front.

Cut top rail 2×42½ in. and bottom rail 2¾×42½ in. Cut 45-degree angle on ends of rails. Fit to unit having short point on front rail lined up with long point on back piece.

Cut side stiles to fit between the top and bottom rails; cut 45-degree angle on side of each side rail. Toenail together.

Cut 2-in.-wide rails and stiles for doors. Cut doors to fit opening, allowing ⅛-in. space for ease all around. Framing can be done with mitering or half-lap joints. Glue and clamp; let dry.

Sand all pieces smooth; wipe clean.

Cut ¼-in. plywood or hardboard to cover door opening by ½ in. on all sides. Glue and tack with ¾-in. brads, centering on opening.

Having lower edges at lower frame, evenly space 5 pickets to each door; glue and tack in place. *Note:* If using lath, cut to 18½-in. length; taper tops to resemble pickets. Attach doors to unit with hinges; attach knobs.

Prime; paint top purple, cupboard orange, and pickets white or as desired. If desired, rough-sand to give worn look, allowing some wood to show.

Cutouts: Enlarge patterns (*page 142*) so A equals 11 in. Transfer shapes desired to hardboard; cut out. Sand edges; prime. Paint in same manner as for wall stencils (*page 141*).

Presenting
The 8 Calorie Cookie.



(Actual Size)

BUNNY PATCH DRESS, page 128

Materials: Commercial dress pattern for child's skirt and jacket, such as Butterick No. 3790; fabrics and notions listed on pattern *plus*: ¼-yd. 45-in.-wide muslin; 1 skein each DMC embroidery floss in following colors: No. 452 Medium Shell Grey, No. 310 Black, and No. 309 Deep Rose; 5 yd. purchased or self-made magenta piping; two 1-in. magenta buttons; acrylic fabric stencil paints in following colors: yellow, magenta, orange, green, lilac, and mauve; stencil brush; clear acrylic stencil plastic; crafts knife; glass; Wonder Under transfer web; matching threads.

Instructions: Enlarge Bunny pattern (*page 142*) so A equals 2¼ in. for bunny stencil on skirt and 3¼ in. for bunny pocket. For pocket pattern, eliminate tail by cutting along dotted line. To cut stencil for skirt band, trace enlarged bunny shape to plastic with permanent marker. Tape stencil plastic to glass; cut out stencil with crafts knife.

Jacket: Sew according to pattern, having piping at sleeve edges and around jacket outer edges.

Cut four 4×6-in. pieces muslin and 2 of transfer web. Fuse 2 layers muslin with wrong sides facing according to transfer web instructions. Cut 2 bunny pockets. Machine satin-stitch outer edge of bunny back where pocket opening will be. Finish satin-stitching bunny in place around outer edges.

Sew button tails in place. Using 6 strands black floss, make French knots for eyes. For whiskers, take small backstitch using 6 strands grey embroidery floss, leaving 1-in. tails on both ends.

Skirt: Make skirt according to pattern, leaving ½-in. hem allowance. Cut 4-in.-wide muslin band to width of skirt lower edge plus 1 in.

Randomly stencil bunny shapes on band; let dry. Sew band side seam. Sew piping to right side of band along each long edge. With right side of band facing wrong side of skirt, sew band to lower edge. Fold up to lie flat on skirt. Fold under remaining edge. Topstitch in place along piping.

Make eyes and whiskers as above using Deep Rose for whiskers.

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"Why settle for just a bite?"



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CARROT BUTTON COVERS, page 129

Materials: Orange and green bakeable modeling clay, such as Fimo or Scupley; purchased button covers; garlic press.

Instructions: Roll clay into ⅛–¼-in.-thick snake. Cut into ½-in. lengths; roll again tapering bottom. Lay 5 carrots side-by-side; gently press together. Using a garlic or clay press, make green tops.

Gently press tops into each carrot with toothpick. Bake as directed.

Using epoxy or glue, attach carrots to button covers.

VEGGIE GARDEN WALL STENCIL, page 134

Materials: Acrylic paints in various shades of orange, green, brown, gray, black, and white; clear acrylic stencil plastic; permanent marker; stencil brushes; natural sponge; craft knife.

Instructions: Enlarge Bunny, Carrot, and Lettuce patterns (*page 142*) so A equals desired size. Shapes shown on wall average 3–4 in.

Draw designs onto plastic with permanent marker; draw two for lettuce and carrot. Cut stencils with craft knife. For lettuce, cut 1 stencil with center open and 1 with only center lines open; for carrot, cut 1 for carrot and 1 for top.

continued on page 142

BUNNIES ON PARADE

continued from page 141

Stencil bunny, lettuce, and carrot along wall. If straight row of stencils is desired, lightly draw baseline using a level. If random pattern is desired, vary spacing between stencils, direction of stencils, and angle of stencils. No baseline is needed. Mix paints as needed to achieve desired colors. For carrots, stencil carrot first; let dry, then top. For lettuce, stencil lettuce first; let dry, then lines. For more texture, sponge-paint lettuce before second stencil. For dappied bunnies, sponge contrasting paint through stencil.

PAINTED RUG, page 129

Materials: Purchased white tightly-woven rug; acrylic tube paint such as Liquitex in the following colors or as desired: red, white, yellow, green, blue, purple; white acrylic medium; pencil; ruler; ½- and 1-in. flat bristle brushes; graph paper.

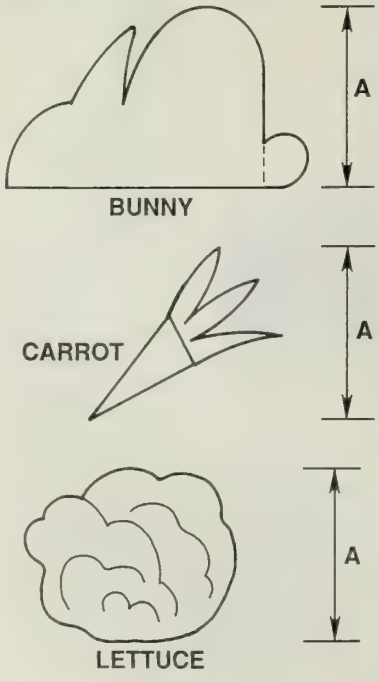
Instructions: Draw rug dimensions on graph paper; work the desired design within these dimensions. Transfer pattern with pencil and ruler.

Pour small amount of each paint needed into separate containers, mixing paints as needed to achieve desired colors. If paints need to be thinned, use white acrylic medium.

Paint rug and fringe; let dry.

Rug pictured measures 34×22 in. Yellow, blue, orange, and purple center stripes measure 2×21 in. Green stripes bordering the center stripes measure 2¼×21 in. Wide stripes on outer edges of center measure approximately 4¼×4½ in. Blue and purple stripes on short ends measure 2×22 in. Purple stripes (bordered by blue) contain 4 red hearts. Fringe on ends and in center is painted orange; remaining fringe is painted yellow. See photograph on *page 129* for detail.

BUNNY, CARROT, LETTUCE



BUNNIES-IN-THE-GARDEN QUILT, page 130

Materials: 45-in.-wide fabric in the following amounts and colors: ⅓ yd. each red and blue calico, ¼ yd. each yellow-gold and magenta, ¼ yd. orange micro-dot, 1 yd. green, ¾ yd. muslin; 4×4 in. purple scrap; 6×6 in. green floral stripe scrap; ⅝ yd. backing; 3¼ yd. purchased or self-made blue ½-in.-wide binding; 20×32-in. batting; small amount polyester fiberfill; four ⅜-in. shank buttons for eyes; embroidery floss; 5 yd. ¼-in.-wide white grosgrain ribbon; green and orange acrylic stencil paint; stencil brush; template plastic.

Instructions: Finished size, approximately 18×30 in.

Unless otherwise stated, sew with right sides together; pattern does *not* include ¼-in. seam allowance. Measurements given below *do* have seam allowances included.

Enlarge pattern for carrot stencil so A equals 1½ in. Enlarge pattern to scale (800 percent).

Cutting: For each block, cut rows as follows from either red or blue calico: row 1, 2½x2½ in. square; row 2, 1½×12½ in.; row 3, triangle A cut from pattern, adding seam allowances to all sides; row 4, two 1½×1½-in. squares, and row 5, two 1½×2½-in. rectangles. For same blocks from yellow or magenta, cut rows as follows: row 1, two 2½×5½-in. pieces; row 3, 2 triangle B cut from pattern, adding seam allowances to all sides; row 4, two 1½×5-in. pieces and one 1½×1½-in. square; row 5, two 1½×4-in. pieces and one 1½×1½-in. square.

From muslin for stenciled bands, cut two 2½×12½-in. and two 2½×24½-in. strips. From orange, cut four 2½×2½in.-squares. From green, cut two 1½×16½-in. and two 1½×28½-in. strips. From purple, cut four 1½×1½-in. squares.

For carrots, cut 3 from orange adding ¼-in. seam allowance to all sides. For carrot tops, rip green floral stripe into 1×6-in. strips.

For ears, cut 2 each of red and blue calico and 4 of muslin, adding ¼-in. seam allowance.

continued on page 144

ENTER
Eve's
Garden of Edei
CONTEST

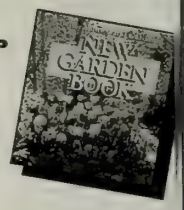
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*Residents of Arizona, Vermont and Maryland nee not send POP.

CONTEST RULES:
1. Type or clearly print your name, address, daytime phone numb and your Garden of Eden description on an 8 1/2 x 11 sheet paper and mail to above address. See How to Enter above. Judg decisions are final. Entries must be original and not previou published. All entries must be accompanied by proof of purcha from two packages of Eve cigarettes. Residents of Arizon Vermont and Maryland need not send POP. One entry per person.
2. First prize winner receives an outdoor furniture set, retail valu $1,350. Second prize winner receives an outdoor grill, retail valu $130. 10 runner-up winners each receive a copy of Better Hom and Gardens® New Garden Book, retail value: $29.95. Ent constitutes permission to use winner's entry, name, hometow likeness and photograph in any manner by Liggett Group Inc. a Meredith Corp. All winners will be asked to sign a Release a Affidavit of Eligibility and Assignment within 10 days of notificatio
3. All entries must be received by May 15, 1992. Submissio cannot be acknowledged or returned. We reserve the right to e and adjust winning ideas. No responsibility assumed for late, lost misdirected entries.
4. Entrants must be residents of the U.S. who are 21 years of age older, except employees of Meredith Corp. and Liggett Group Inc their families, agents, affiliates, and subsidiaries. Winners will b selected on or about June 15, 1992. Winners will be notified b mail. For a list of winners, send a separate stamped, self-addresse envelope to Garden of Eden Winner's List, c/o Better Homes a Gardens®, 750 Third Avenue, New York, NY 10017. All winnin entries and materials submitted become the property of Meredit Corp. and Liggett Group Inc. All rights, title and interest, includin copyrights, belong to Eve Holdings Inc. Subject to all federal, stat and local laws and regulations. Void in Massachusetts, Michiga and Virginia and where prohibited. Applicable taxes are sol responsibility of winners.



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Sew gathering stitch along top edge of each carrot. Sew carrot seam; stuff firmly. Pull up gathering stitch so top closes around stuffing; secure with backstitches or knots. Tack fabric strip for carrot top to each for greens. Tack carrots together and to quilt front where bunny hands join.

Sew button eyes in place. Using 6 strands of floss, embroider whiskers and noses with satin and long stitches.

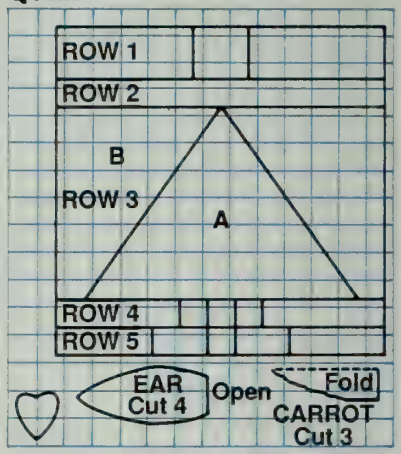
Slipstitch ears in place on front. If desired, tack ears to quilt to control how they flop.

JACK RABBIT, page 134

Materials: *For body:* ⅓ yd. dark wool tweed; ⅛ yd. purple corduroy; polyester fiberfill; embroidery floss. *For clothing:* ¼ yd. corduroy for pants and jacket trim; old sweater; snaps; interfacing scraps; ¼-in.-wide elastic.

Instructions: Finished size, approximately 18 in. tall. Unless otherwise stated, sew with right sides together; ¼-in. seam allowances included on pattern.

BUNNIES-IN-THE-GARDEN QUILT



BUNNIES ON PARADE

continued from page 142

Stenciling: Enlarge Carrot stencil (*page 142*) so stencil fits muslin band. Entire length of carrot from tip to tip should measure approximately 1½ in. Stencil carrot shape onto muslin strips, spacing evenly. For interest, angle carrots differently. When dry, stencil carrot top above carrot. Let dry.

Piecing: For one bunny block use red calico and yellow background; use blue calico and magenta background for the other bunny block.

Sew block together by rows according to diagram *below right*. Join blocks along one edge so hands touch. See photograph on *page 130* for detail.

Sew long muslin bands along top and bottom of bunny blocks. Sew orange square to each short end of short muslin bands. Sew to sides of blocks.

Sew ribbon to green strips, evenly spacing approximately 1 in. apart. Sew longer strips to top and bottom edges of quilt. Sew purple squares to each end of remaining green strips. Sew to sides of quilt.

Sew muslin ears to calico ears in pairs, leaving opening as indicated. Trim and turn. Turn raw edges to inside on lower edge; fold tucks in muslin front. Set aside.

Assembly: *Note:* If rod pocket is desired, cut 2×29-in. strip from excess backing fabric. Hem 1 long and both short edges. Center pocket on right side of backing with raw edges even; sew long edges in place.

Layer quilt, batting, and backing. Hand- or machine-quilt hearts in orange squares. Quilt around block outer edges. Bind edges as desired, mitering corners.

*Except Butter Rum.



er piece.

Enlarge pattern (*above right*) to scale (800 percent).

Body: Sew legs and arms together in pairs, leaving openings as indicated. Stuff firmly; sew leg opening closed. Set aside.

Sew body front to back, leaving openings as indicated. Stuff firmly. Turn under raw edges of arms and legs; whipstitch securely to body.

Sew corduroy ear to wool ear; make 2. Tuck ear fronts to make pleats as marked on pattern; turn under raw edges. Slip-stitch to head back at pattern marking.

Fuse interfacing to back of 3 in. corduroy scrap. Cut out eyes and nose following outlines on face. Using 3 strands of floss, satin stitch ¼-in. diameter eye centers. Pin eyes and nose in place. Using 3 strands floss, long-stitch eyes and nose in place, placing stitches ⅛ in. inside outer edge of corduroy piece. *Note:* Eye stitches will form diamond; nose stitches will form triangle. With 6 strands floss, long-stitch 4 eyelashes above each eye, 3 whiskers at each side of nose, and long line for mouth under nose.

Pants: Sew center front and center back seams; sew side seams. Make waistline casing. Insert elastic and secure to fit. Narrowly hem lower edge of legs; sew inner leg seam.

Sweater: Cut sweater apart along seams to lie flat. Use finished edge of sweater for neck and sleeve edges, if possible. Cut sweater back on fold. Place center front with ¼-in. seam allowance; cut. Cut out sleeves.

Cut two 1½-in.-wide strips of pants corduroy the length of sweater front plus 1 in. Having ½ in. extend above and below sweater, bind center front edges with corduroy.

Sew front to back along shoulder seams. Sew sleeve to sweater, matching dot to shoulder seam. Sew front to back along side and underarm in one continuous seam.

Hem sleeves and sweater bottom. Sew snaps to front.

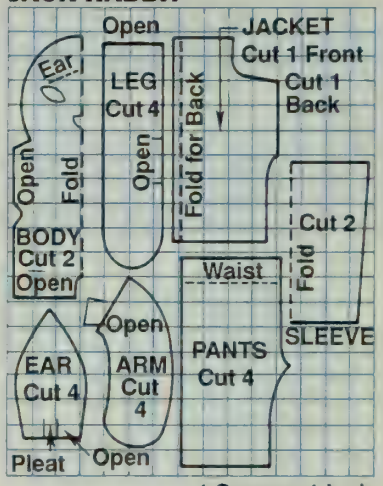
TIN WALL HANGING, page 130

Materials: 15×25-in. piece 32-gauge sheet metal (available at hardware stores); auto primer (available in automotive departments); acrylic paint in gray and desired colors; permanent markers; small tin snips; instant crackle finish such as Quik-Crackle (available at craft stores); single-ply wire.

Instructions: Finished size, approximately 22 in. tall. Enlarge pattern (see *page 147*) to scale (400 percent).

Transfer pattern to metal; cut out. *Note:* Use care when cutting metal. Drill 1/16-in. holes as indicated on sleeve and body and for 3 pairs whiskers. Hammer edges and holes smooth. If using galvanized metal, sand and wipe-clean before painting. Prime with auto primer; let dry. Paint with gray acrylic paint for body color. Apply crackle finish according to manufacturer's instructions. Paint second coat of acrylic, adding clothing details. For dress, paint as desired. For *continued on page 146*

JACK RABBIT



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BUNNIES ON PARADE

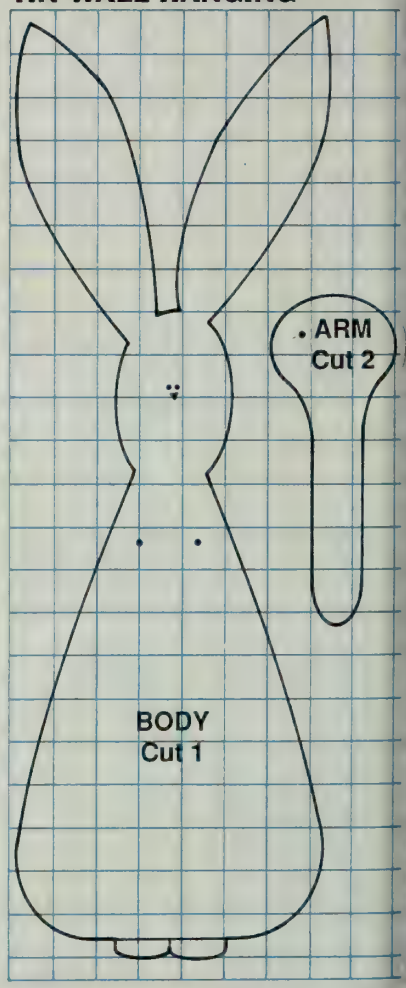
continued from page 145

collar, outline upper edge of dress with contrasting color; edge with dots. Paint cuffs in same manner. Paint lower edge of dress and sleeve edges (to rounded area) with dots. Add toes and fingers with dots. Draw ½-in.-wide ear center with pink. Use permanent markers for face details. If desired, brush lightly with stain to accentuate cracks.

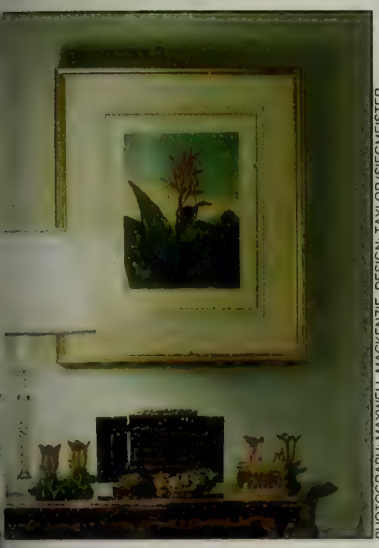
To wire arms in place, cut 12-in. length of wire. Beginning at back, thread wire through body and arm to front; twist into loop larger than hole. Take wire to back; pull tightly, twist into loop for hanging at center. Attach remaining arm in same manner using remaining wire. Thread excess wire to back and secure. Flatten front loops to hold arms. For whiskers, thread 5-in.-lengths wire through pairs of holes from back. Tightly twist wire in front to secure. Repeat for other pairs.

Bend ears and arms as desired.

TIN WALL HANGING



HOW TO PULL OFF A FRAME-UP



PHOTOGRAPH: MAXWELL MACKENZIE; DESIGN: TAYLOR/SIEGMEISTER

simple frame won't steal the spotlight om a work of art.

The right frame highlights and enances art. But frames also play a ractical role—to protect what lies ithin the border. Here's how to be ıre you accomplish both:

Choose a frame that guides your ye to the piece, rather than one that tracts attention to itself. Pick color, ze, texture, and pattern that complement the art but don't dominate it.

Request acid-free materials from our framer or frame-supply store. cid in matting, adhesive, and other aming materials promotes deteriorain of the work of art.

Check to see that a glass sheet fully parates the frame from the art. This sulates your work against smoke, ımidity, and other harmful agents. e sure to place either a matte board spacers between the glass and twork to prevent glass from sticking the work in case moisture condensinside the frame. Ultraviolet glass is so available to protect art against ırmful ultraviolet rays.

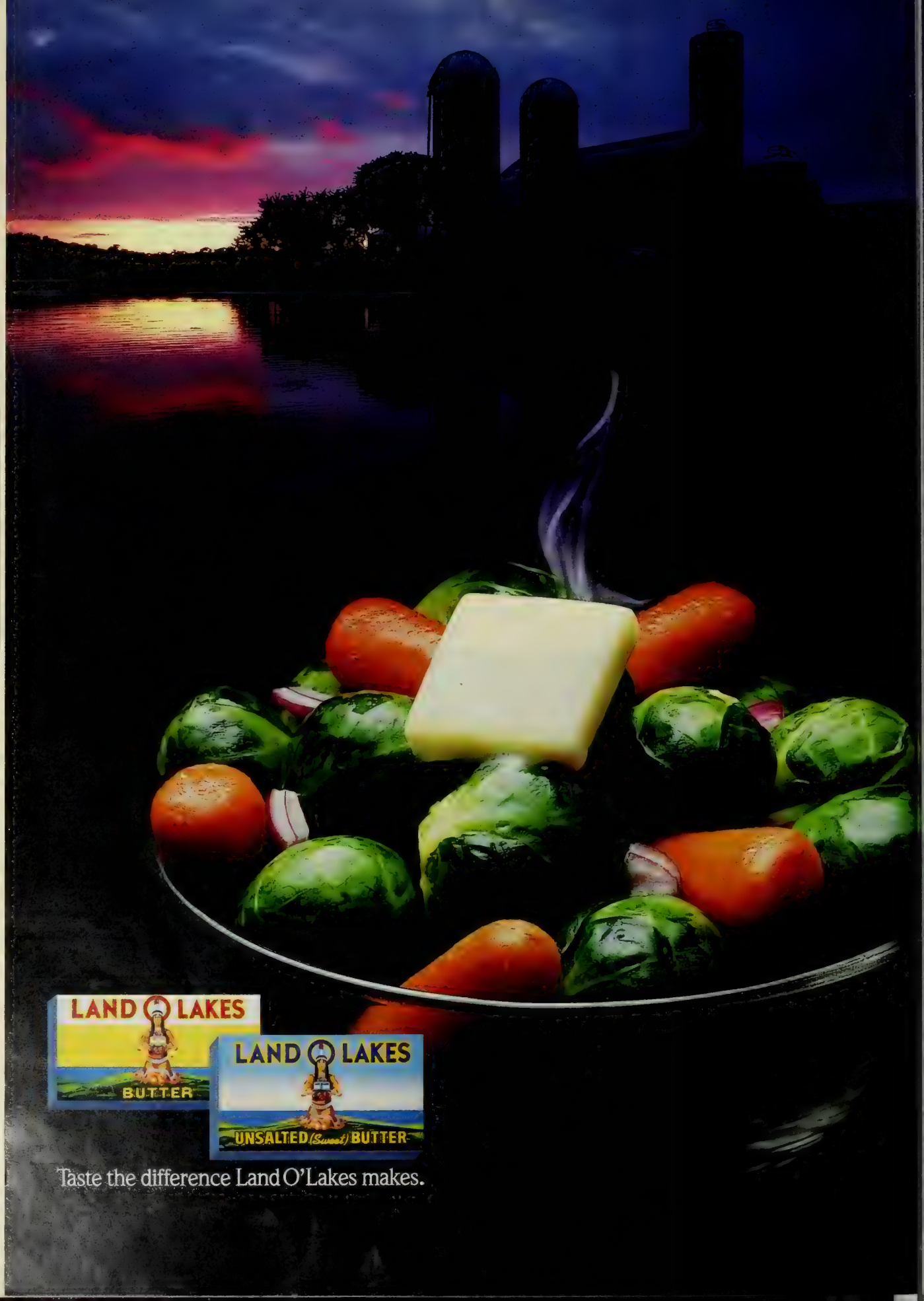
Write to the Professional Picture ramers Association, 4305 Sarellen d., Richmond, VA 23231; or call 0/832-7732. This group can direct ou to local professional framers.



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SPRING DELICIOUS

BY JULIA MALLOY

20 Fresh Recipes for Brunch and Outdoor Parties



- *Two complete menus*
- *Affordably elegant recipes*
- *Hints to help you pull it all off*

Celebrate the arrival of spring at a sunny gathering laden with luscious foods. To give your get-together with friends and family a personal touch, choose recipes from our flexible menus. For example, from the garden party menu on *page 156,* you can choose from three desserts, including the irresistible ***Sherry-Almond Sponge Cake*** you see above (*see recipe, page 174*).

SPRING DELICIOUS

Brighten-Your-Day Brunch

Brunch's easy, breezy style makes it a natural for springtime entertaining, whether you're celebrating Easter, graduation, an engagement, or your colorful blossoming garden. Whet everyone's appetites with a tangy chilled soup. Then, choose from the fabulous entrées and homemade breads shown on the next few pages. Yes, you can pull it all off on your busy schedule—by following our helpful suggestions on *page 153*.

BRUNCH MENU SUGGESTIONS

Strawberry-Melon Soup with Ginger Melon Balls

Scrambled Eggs with Smoked Salmon and Rosemary Roasted New Potatoes

Spinach-Feta Tart

Steamed Asparagus Bundles

Assorted Homemade Breads

Juice, Tea, Coffee



Start brunch on a light note with our sun-dappled *Strawberry-Melon Soup* accented with *Ginger Melon Balls* and edible carnation petals.



Recipes begin on page 161





SPRING DELICIOUS

Brighten-Your-Day Brunch

Before serving *Spinach-Feta Tart*, add a topping of colored peppers, feta cheese, and fresh herbs—such as garlic blossoms and oregano leaves.

One of your entrée options is *Scrambled Eggs with Smoked Salmon*, served with *Rosemary Roasted New Potatoes*, *Steamed Asparagus Bundles*, *Spiced Pita Crisps*, and *Creamy Strawberry Spread*.

MAKING BRUNCH HAPPEN

The day before:

Bake the tart pastry; store in a cool, dry place.

Soak and chill the melon balls.

Blend and chill the strawberry soup.

Place any made-ahead breads in the refrigerator to thaw overnight.

1 hour before:

Fill and bake the tart.

30 minutes before:

Cook the potatoes and scramble the eggs.

Steam the asparagus bundles.

Brew coffee and steep tea.

Recipes begin on page 162.



SPRING DELICIOUS
Brunch Breads

Embellish your midday meal by choosing one or two of these hearty homemade breads. Remember, if time runs short for baking, you can always rely on a bread sampler from your favorite bakery.

Walnut Easter Bread and Apricot-Pecan Hot Cross Buns
You pick the time when you want to make and freeze either of these sweet yeast breads. Just remember to pull the bread out of your freezer the night before.

Crunchy Parmesan Corn Bread
Whip up a batch of this savory corn bread in the morning, so it'll be warm when you slice into it.

Applesauce-Rhubarb Muffins
Bake any size you want, from dainty little gems to giant button-busters. They're best made fresh, but you can bake and freeze them ahead and re-warm them in your oven.

Spiced Pita Crisps
Toast this easy bread fix-up the day before and store it in an airtight container. Serve it with **Creamy Strawberry Spread** (pictured on *page 153*).


Crunchy Parmesan Corn Bread

Recipes begin on page 165.


Applesauce-Rhubarb Muffins
Walnut Easter Bread
ricot-Pecan
t Cross Buns

SPRING DELICIOUS

The New Garden Party

When you yearn to be outdoors, set up lunch, a light dinner, or an afternoon refreshment in your backyard. Just as for our brunch, you can decide how much food you want to serve with this menu, too. From mini sandwiches to fancy desserts, everything tastes just a bit more special with a cup of hot tea.

PARTY MENU IDEAS

Tea Sandwiches

Pineapple-Carrot Tea Bread

Pear Buttermilk Scones

Chocolate Truffle Tarts

Gingerbread Lemon Terrine with Raspberry or Kiwi Sauce

Sherry-Almond Sponge Cake

Assorted Teas

Mix and match fillings and breads for *Tea Sandwiches*—pair *Chicken-Cashew Curry* with tortillas or pitas; mini bagels with *Salmon and Lemon-Caper Cream; Honey-Vegetable Vinaigrette* with pita halves; and wafer-thin slices of ham with *Pineapple-Carrot Tea Bread.*

In the cozy style of a British cream tea, serve warm-from-the-oven *Pear Buttermilk Scones* with whipped cream, strawberries, and strawberry preserves.





Recipes begin on page 168.

SPRING DELICIOUS

Garden Party Desserts



Tempt your guests with a sampling of these ever-so-scrumptious desserts.

Gingerbread Lemon Terrine
(pictured left, center)
Go ahead—bake and freeze the gingery cake up to a month in advance. Then, the day before your guests arrive, whip up the lemon mousse filling, the raspberry and kiwi sauces, and put it all together.

Chocolate Truffle Tarts
(pictured left, upper left corner)
Plan to pipe the liqueur-laced chocolate into the petite tarts up to 24 hours before your garden gathering. Before your guests arrive, decorate the tarts with fresh fruits or tiny edible flowers—such as violas.

Sherry-Almond Sponge Cake
(pictured on page 149)
You can freeze the light and nutty cake ahead of time, but wait till you're dressed (and aproned) for the party to layer and frost it.

PUTTING ON THE PARTY

Up to 1 month before:

Bake and freeze Pineapple-Carrot Tea Bread.

The day before:

Fix and chill Chicken-Cashew Curry filling and Lemon-Caper Cream.

Two hours before:

Make Pear Buttermilk Scones.

Finish assembling any made-ahead desserts you're serving.

Get started on the Tea Sandwiches and fillings.

Whip the cream for the scones.

One hour before:

Bake scones.

Put the finishing touches on your Tea Sandwiches.

Recipes begin on page 170.
Buying information on page 122.



Chicken Broccoli Vegetable Sauté

2 tbsp. margarine, divided
4 skinless, boneless chicken breast halves (about 1lb.)
1 cup cut-up broccoli
½ cup thinly sliced carrots
1 cup sliced mushrooms
1 can Campbell's® Cream of Broccoli Soup
½ cup milk
⅛ tsp. pepper

1. In skillet over medium heat, in 1 tbsp. hot margarine, cook chicken 10 min. or until browned on both sides. Remove chicken; keep warm.
2. In same skillet, in remaining margarine, cook broccoli, carrots and mushrooms 5 min., stirring often. Stir in soup, milk and pepper. Heat to boiling.
3. Return chicken to skillet. Reduce heat to low; simmer 5 min. or until chicken is fork-tender.

4 servings.

Prep time: 10 min.
Cook time: 20 min.

Foolproof Beef & Broccoli

oneless beef sirloin steak
. vegetable oil
e garlic, minced
dium onion, cut into wedges
Campbell's Cream of
ccoli Soup
¼ cup water
1 tbsp. soy sauce
2 cups broccoli flowerets
Hot cooked noodles

e beef across the grain into *very* thin strips.

killet, over medium-high heat, in hot oil, cook beef and garlic
l beef is browned. Add onion. Cook 5 min., stirring often.

in soup, water and soy sauce. Heat to boiling. Add broccoli.
uce heat to low. Cover; simmer 5 min. or until vegetables
ender. Serve over noodles.

rvings. Recipe may be doubled.

time: 10 min.
k time: 20 min.

make slicing easier, freeze beef 1 hr.

mpbell Soup Company



reat Recipes Start With A Great Soup.



M'm! M'm! Good!

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. We list the calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the Recommended Dietary Allowance (RDA) whenever values exceed 10 percent of the recommended amount. (The RDAs are dietary standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. These dietary guidelines suggest the levels of nutrients that moderately active women should strive for each day (in general, active males and teenagers need more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 3,000 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these dietary guidelines in any single day, but it's a good idea to aim for a balanced diet over time for overall health.



Anne Thompson used three packets of Good Seasons® this week.
And didn't make a single salad.



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SPRING DELICIOUS

(Recipes pictured on pages 149–158)

STRAWBERRY-MELON SOUP WITH GINGER MELON BALLS

Puree this appetizer the night before—

1 small cantaloupe
½ of a small honeydew melon
½ cup unsweetened pineapple juice
⅓ cup sugar
1 Tbsp. grated gingerroot
4 cups fresh *or* frozen unsweetened strawberries
1 8-oz. carton vanilla yogurt
1 8-oz. carton dairy sour cream
2 cups milk
Carnation petals (optional)

● **Using a small melon baller, scoop** *half* of the cantaloupe and the honeydew into balls (see photograph, *below*), or use a knife to cut melon into cubes. (You should have about 4 cups cantaloupe and 2 cups honeydew.) Set aside 2 cups of the cantaloupe.

● **In a small saucepan combine** pineapple juice, sugar, and gingerroot. Bring to boiling, stirring till sugar is dissolved. Reduce heat; simmer, uncovered, over medium heat for 5 to 7 minutes or till the mixture is the consistency of a thin syrup. Remove from heat; cool. Transfer syrup to a storage container. Add the 2 cups cantaloupe pieces and 2 cups honeydew pieces. Cover and chill overnight.



PHOTOGRAPHS: SCOTT LITTLE

To make melon balls, plunge the melon baller into the melon till covered. Then, turn the baller in a complete circle.

● **Meanwhile, in a blender container** or food processor bowl cover and blend or process strawberries till smooth; remove and set aside. Cover and blend or process reserved 2 cups cubed cantaloupe till smooth. In a large mixing bowl stir together yogurt and sour cream. Add strawberries, blended melon, and milk; stir till combined. Cover and chill overnight.

● **To serve, drain melon balls,** reserving syrup; stir reserved syrup into chilled soup. Ladle soup into bowls; top with melon balls. If desired, garnish with carnation petals. Makes 8 to 10 servings.

Cost per serving: *69 cents*

Nutrition information per serving: *211 cal., 8 g fat, 19 mg chol., 5 g pro., 32 g carbo., 71 mg sodium, 3 g fiber. RDA: 21% calcium, 38% vit. A, 126% vit. C, 10% thiamine, 20% riboflavin.*

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SPRING DELICIOUS

continued from page 161

SPINACH-FETA TART

Bake the pastry shell ahead, then finish the tart the day of your brunch—

Pastry for Single-Crust Pie (see recipe, *right*)
2 eggs
1 cup chopped fresh spinach
1 cup ricotta cheese
½ cup crumbled feta cheese
¼ cup milk
2 tsp. snipped fresh oregano *or* ¾ tsp. dried oregano, crushed
2 Tbsp. grated Parmesan cheese
Red sweet pepper (optional)
Yellow sweet pepper (optional)
Crumbled feta cheese (optional)
Fresh herbs (optional)

● **Prepare pastry dough.** On a lightly floured surface flatten dough with your hands. Roll from center to edge, forming a 12-inch circle.

● **Loosely wrap pastry around** a rolling pin. Unroll onto a 10-inch tart pan with a removable bottom, easing into pan. Trim pastry even with rim of pan. *Do not prick.* Line pastry with a double thickness of heavy foil. Bake in a 450° oven for 8 minutes. Remove foil. Bake for 5 to 7 minutes more or till golden. Remove from oven. Reduce oven temperature to 325°.

● **Meanwhile, in a mixing bowl beat** eggs slightly. Stir in spinach, ricotta, the ½ cup feta, milk, and oregano. Sprinkle pastry with Parmesan; top with egg mixture. Bake in a 325° oven about 20 minutes or till a knife inserted near the center comes out clean.

● **Let stand about 5 minutes.** If desired, top with red pepper rings, chopped yellow pepper, feta, and herbs. Makes 8 servings.

Pastry for Single-Crust Pie: In a mixing bowl stir together 1¼ cups *all-purpose flour* and ¼ teaspoon *salt.* Cut in ⅓ cup *shortening* till pieces are the size of small peas. Sprinkle 1 tablespoon of *cold water* over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat with 2 to 3 tablespoons more *cold water* till all is moistened. Form into a ball.

Make-ahead directions for tart shell: Bake the pastry shell the day before; store in a cool, dry place.

Cost per serving: *43 cents*

Nutrition information per serving: *234 cal., 15 g fat, 71 mg chol., 9 g pro., 16 g carbo., 239 mg sodium, 1 g fiber. RDA: 21% calcium, 10% iron, 15% vit. A, 15% thiamine, 19% riboflavin.*

SCRAMBLED EGGS WITH SMOKED SALMON

Rosemary Roasted New Potatoes (recipe, opposite) go well with this dish—

12 eggs
⅔ cup milk, half-and-half, *or* light cream
½ cup sliced green onion *or* ¼ cup snipped chives
¼ tsp. salt
¼ tsp. pepper
1 Tbsp. olive oil *or* cooking oil
1 cup chopped smoked salmon (lox style) *or* fully cooked ham (5 oz.)
1 cup shredded provolone *or* fontina cheese
1 tomato, seeded and chopped



In a mixing bowl beat eggs with a k. Add milk or cream, green onion chives, salt, and pepper.

In a large skillet cook egg mixture hot oil. Cook, without stirring, till gs begin to set on bottom and ound edge. Using a spatula, lift and d partially cooked eggs so un- oked portion flows underneath.

Fold in salmon or ham. Cook over dium heat for 2 to 3 minutes more till eggs are cooked throughout but still glossy and moist. Transfer to a rm serving platter. Top with cheese d tomato. Makes 8 servings.

Cost per serving with salmon: *$1.24*

Cost per serving with ham: *62 cents*

Nutrition information per serving: *212 , 14 g fat, 335 mg chol., 17 g pro., 3 carbo., 435 mg sodium, 0 g fiber. DA: 22% calcium, 10% iron, 27% A, 38% riboflavin.*

SEMARY ROASTED W POTATOES

own the potatoes in a skillet or follow no-watch oven method—

lb. new potatoes, scrubbed and quartered
Tbsp. olive oil *or* cooking oil
cloves garlic, minced
tsp. snipped fresh rosemary *or* ½ tsp. dried rosemary, crushed
tsp. snipped fresh thyme *or* ½ tsp. dried thyme, crushed
tsp. salt
tsp. pepper

In a 12-inch skillet or Dutch oven ng 3 cups *water* to boiling. Add po- oes; return to boiling. Reduce heat; k, covered, over medium heat for 8 nutes. Drain; return to pan. Add garlic, rosemary, thyme, salt, and per. Cook, uncovered, for 10 to 12 nutes or till tender and brown, stir- g occasionally. Makes 8 servings.

Roasting directions: In a greased 9x2-inch baking dish arrange raw atoes. In a bowl stir together oil, lic, rosemary, thyme, salt, and pep- Pour over potatoes; toss to coat. e, uncovered, in a 450° oven about minutes or till brown and tender.

Cost per serving: *25 cents*

Nutrition information per serving: *126 2 g fat, 0 mg chol., 3 g pro., 25 g o., 75 mg sodium, 1 g fiber. RDA: % iron, 25% vit. C, 11% thiamine, % niacin.*

continued on page 165

Anne's pasta with a twist.

- Combine 8 ounces cooked pasta, 1 cup chopped vegetables, ½ cup prepared Good Seasons® Italian Dressing.
- Toss and chill.

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Dole Golden Layer Cake

Prep. time: 15 mins.

- 1 can (20 oz.) Dole Crushed Pineapple in Juice
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1 pkg. (4-serving size) instant vanilla pudding mix
- 1 pkg. (16 oz.) frozen pound cake, thawed
- 1/3 cup almond-flavored liqueur (or 1/3 cup pineapple juice and 1/2 teaspoon almond extract)
- Optional garnish: Dole Sliced Pineapple; 1/4 cup sliced almonds, toasted

Combine undrained pineapple, whipped topping and pudding mix. Let stand 5 minutes. Cut cake lengthwise in thirds. Drizzle with liqueur. Spread one-third pudding mixture over bottom layer of cake. Top with second layer. Repeat layering, ending with pudding. Chill 30 minutes. Sprinkle with toasted, sliced almonds and garnish with pineapple slices, if desired. Serves 12.

Dole

HOW'D YOU DO YOUR DOLE TODAY?™



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continued from page 163

STEAMED ASPARAGUS BUNDLES

Tie the bundles the day before—

8 green onion tops
2 lb. asparagus spears, trimmed
Fresh thyme sprigs (optional)

● **In a Dutch oven bring** a small amount of water to boiling. Add onions; remove from heat. Let stand for 1 minute. Remove onions, reserving water. When cool, tie each green onion around 4 or 5 raw asparagus spears (see photograph, *below*).

● **Return water to boiling;** add asparagus bundles. Reduce heat; cover and simmer for 4 to 8 minutes or till crisp-tender. Before serving, tuck a thyme sprig under each green onion, if desired. Makes 8 servings.

Cost per serving: *36 cents*

Nutrition information per serving: *28 cal., 0 g fat, 0 mg chol., 3 g pro., 5 g carbo., 4 mg sodium, 0 g fiber. RDA: 14% vit. A, 51% vit. C, 10% thiamine, 10% riboflavin.*

SPICED PITA CRISPS WITH CREAMY STRAWBERRY SPREAD

Serve these cinnamon-topped wedges as an appetizer or as a bread—

2 large pita bread rounds *or* four 7- to 8-inch flour tortillas
2 Tbsp. sugar
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
1 to 2 Tbsp. margarine *or* butter, melted
1 8-oz. container soft-style cream cheese with strawberry *or* pineapple
1 tsp. finely shredded orange peel
1 Tbsp. orange juice



Using softened green onion tops, gently tie bundles of asparagus spears.

● **Cut each pita round or tortilla** into 6 wedges. Cut pita wedges in half crosswise to make single layers. Combine sugar, cinnamon, and nutmeg.

● **Arrange wedges in a single layer** on a baking sheet. Brush with melted margarine; sprinkle with spice mixture. Bake in a 350° oven for 10 to 15 minutes or till crisp and golden.

● **Meanwhile, stir together** the cream cheese, orange peel, and orange juice. Serve with crisps. Makes 24 wedges.

Make-ahead directions: Bake the crisps a day ahead; cover and store in a cool, dry place. Cover and chill spread for up to 24 hours.

Cost per serving: *11 cents*

Nutrition information per wedge with 2 teaspoons spread: *47 cal., 3 g fat, 8 mg chol., 1 g pro., 4 g carbo., 43 mg sodium, 0 g fiber.*

WALNUT EASTER BREAD

This nutty bread tastes so rich, you can eat it plain—

6 to 6½ cups all-purpose flour
2 pkg. active dry yeast
1⅔ cups milk
½ cup sugar
⅔ cup margarine *or* butter
½ tsp. salt
½ tsp. ground nutmeg
1 egg
¾ cup finely chopped walnuts
10 walnut halves
1 beaten egg yolk
1 Tbsp. water

● **In a large mixing bowl stir** together *3 cups* of the flour and the yeast. In a saucepan heat and stir milk, sugar, margarine or butter, salt, and nutmeg till warm (120° to 130°) and margarine is almost melted. Add to flour mixture. Add whole egg. Beat with an electric mixer on low speed for 30 seconds, scraping bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in the chopped nuts and as much remaining flour as you can.

● **Turn dough out** onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place till double (about 1 hour).

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Anne's tip for a quick dip.

- Mix 1 envelope of Good Seasons® Italian Salad Dressing Mix, 1 cup mayonnaise, 1 cup sour cream (or low-fat yogurt).
- Refrigerate one hour before serving.

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SPRING DELICIOUS

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● **Punch dough down.** Turn out onto a lightly floured surface. Divide into 3 portions. Cover; let rest 10 minutes.

● **Shape 2 dough portions into balls.** Place on 1 or 2 greased baking sheets, allowing 4 inches between balls. Flatten each to a 5½-inch diameter. Divide the remaining portion of dough into 16 pieces. Roll each piece into a 10-inch-long rope. Loosely twist 2 ropes together; repeat with remaining ropes, making 8 twisted ropes total.

● **Place two of the twisted ropes** in a cross atop each flattened ball of dough; tuck rope ends under balls. Place two more twisted ropes around the base of each ball, stretching the ropes if necessary so ends will meet (see photograph, *below*). Brush ends with water; pinch together to seal. Also, brush water onto centers and ends of crossed ropes. Press a walnut half in center and at ends of ropes. Cover and let rise in a warm place till almost double (about 30 minutes).



Place two of the twisted ropes in a cross atop each flattened ball of dough.

● **In a mixing bowl stir together** yolk and the 1 tablespoon water; brush onto loaves. Bake in a 350° oven for 45 to 50 minutes or till bread sounds hollow, covering loosely with foil after 25 minutes. (If using 2 baking sheets, refrigerate 1 loaf while the other bakes.) Remove from pan; cool on a wire rack. Makes 2 loaves (32 servings).

Make-ahead directions: Bake the loaves as directed; cool thoroughly. Wrap in freezer wrap or foil; freeze for up to 8 months. To serve, thaw, covered, overnight in the refrigerator.

Cost per serving: *9 cents*

Nutrition information per serving: *168 cal., 8 g fat, 14 mg chol., 4 g pro., 21 g carbo., 87 mg sodium, 1 g fiber. RDA: 19% thiamine, 13% riboflavin, 10% niacin.*

APRICOT-PECAN HOT CROSS BUNS

These Easter rolls get their name from the cross that's scored or frosted on top. Though they traditionally contain currants, raisins, or candied fruit, this version has pecans and dried apricots—

3½ to 4 cups all-purpose flour
1 pkg. active dry yeast
¾ cup apricot nectar
½ cup margarine *or* butter
⅓ cup sugar
¼ tsp. salt
3 eggs
1 6-oz. pkg. dried apricots
⅓ cup chopped pecans
1 slightly beaten egg white
1 recipe Apricot Icing (see recipe, *right*)

● **In a large mixing bowl stir** together *1½ cups* of the flour and the yeast. In a saucepan heat apricot nectar, margarine or butter, sugar, and salt till warm (120° to 130°), stirring constantly. Add to flour mixture along with eggs. Beat with an electric mixer on low speed for 30 seconds, scraping bowl constantly. Beat on high speed for 3 minutes.

● **Reserve 4 or 5 dried apricots;** snip remaining apricots. Using a spoon, stir the snipped apricots and pecans into the dough. Stir in as much of the remaining flour as you can.

● **Turn the dough out** onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough (3 to 5 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once. Cover; let rise till double (about 1½ hours).

● **Punch dough down.** Turn dough out onto a lightly floured surface. Cover and let rest for 10 minutes. Divide dough into 20 portions; shape into smooth balls. Arrange dough balls 2 inches apart on a greased baking sheet. Cover and let rise till almost double (30 to 45 minutes).

● **Brush dough with egg white.** Bake in a 350° oven for 12 to 15 minutes or till golden. Cool on wire racks. Snip reserved apricots into 40 thin slivers. Using a spoon, top each bun with an X of Apricot Icing; decorate each X with 2 apricot slivers. Makes 20 rolls.

Apricot Icing: Combine 1 cup *sifted powdered sugar* and enough *apricot nectar* (about 1 tablespoon) to make an icing of drizzling consistency.

Make-ahead directions: Bake rolls as directed; cool thoroughly. Do not add Apricot Icing. Place in a freezer container or freezer bag and freeze for up to 8 months. To serve, thaw, covered, overnight in the refrigerator. Top with Apricot Icing and apricots.

Cost per serving: *25 cents*

Nutrition information per bun: *196 cal., 7 g fat, 32 mg chol., 4 g pro., 31 g carbo., 94 mg sodium, 2 g fiber. RDA: 11% iron, 18% vit. A, 17% thiamine, 14% riboflavin, 11% niacin.*

CRUNCHY PARMESAN CORN BREAD

Studded with fennel and sun-dried tomatoes, this savory bread makes a great match for scrambled eggs or soup—

1 cup boiling water
¼ cup bulgur
Yellow cornmeal
1 cup all-purpose flour
1 cup yellow cornmeal
⅓ cup grated Parmesan cheese
2 Tbsp. sugar
1 Tbsp. baking powder
½ tsp. fennel seed
½ tsp. dried basil, crushed
2 eggs
1 cup milk
¼ cup olive oil *or* cooking oil
⅓ cup sun-dried tomatoes (oil pack), drained and chopped, *or* diced pimiento, drained
⅓ cup sliced green onion

● **Pour boiling water over bulgur;** let stand for 5 minutes. Drain. Meanwhile, grease an 8x4x2-inch or 9x5x3-inch loaf pan or a 6-cup soufflé dish. Sprinkle bottom and sides with cornmeal. In a large mixing bowl stir together flour, the 1 cup cornmeal, Parmesan cheese, sugar, baking powder, fennel, and basil. Make a well in the center. Set aside.

● **In a mixing bowl beat eggs** slightly. Stir in milk and oil. Stir in bulgur. Add egg mixture all at once to dry mixture. Stir just till moistened. Fold in tomatoes or pimiento and onion.

● **Pour batter into pan.** Bake in a 375° oven for 40 minutes. Cover loosely with foil; bake for 10 to 15 minutes or till golden. Remove from pan. Cool on a wire rack for 30 minutes. Makes 1 loaf (8 to 10 servings).

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SPRING DELICIOUS

continued from page 166

Cost per serving: *84 cents*

Nutrition information per serving: *272 cal., 11 g fat, 59 mg chol., 8 g pro., 35 g carbo., 231 mg sodium, 2 g fiber. RDA: 22% calcium, 12% iron, 10% vit. C, 26% thiamine, 23% riboflavin, 15% niacin.*

APPLESAUCE-RHUBARB MUFFINS

Pick one size or make all three—giant, mini, or regular muffins—

2 cups all-purpose flour
1 cup whole wheat flour
2 tsp. baking powder
2 tsp. ground cinnamon
½ tsp. baking soda
½ tsp. salt
2 eggs
1⅓ cups packed brown sugar
1⅓ cups applesauce
½ cup cooking oil
1½ cups chopped rhubarb
Crumbled sugar cubes *or* cinnamon sugar

● **In a large mixing bowl stir** together all-purpose flour, whole wheat flour, baking powder, cinnamon, baking soda, and salt. Make a well in center; set aside. In a medium mixing bowl beat eggs; stir in brown sugar, applesauce, and cooking oil. Add egg mixture all at once to flour mixture. Stir just till moistened (the batter should be lumpy). Fold in rhubarb. Make desired size muffins.

Giant muffins: Lightly grease 3½-inch muffin cups or line with paper bake cups; fill ⅔ full. Sprinkle with sugar or cinnamon sugar. Bake in a 350° oven for 30 to 35 minutes or till tops are firm and golden. Remove from pans; serve warm. Makes 10.

Mini muffins: Cut recipe in half. Lightly grease 1¾-inch muffin cups or line with paper bake cups; fill ⅔ full. Sprinkle with sugar or cinnamon sugar. Bake in a 400° oven for 10 to 12 minutes or till golden. Remove from pans; serve warm. Makes about 28.

Regular muffins: Lightly grease 2¾-inch muffin cups or line with paper bake cups; fill ⅔ full. Sprinkle tops with sugar or cinnamon sugar. Bake in a 400° oven for 18 to 20 minutes or till tops are golden. Remove muffins from pans; serve warm. Makes about 24.

Make-ahead directions: Bake muffins as directed. Cool; place in a freezer container. Freeze for up to 2 months. To serve, thaw overnight in the refrigerator or wrap in foil and heat in a 300° oven about 20 minutes or till warm.

Cost per giant muffin: *18 cents*

Nutrition information per giant muffin: *406 cal., 14 g fat, 43 mg chol., 6 g pro., 67 g carbo., 230 mg sodium, 3 g fiber. RDA: 12% calcium, 20% iron, 23% thiamine, 17% riboflavin, 15% niacin.*

TEA SANDWICHES

Choose the breads to mix and match with one, two, or three fillings, depending on the size of your party—

Assorted breads, such as toasted mini bagels, pumpernickel *or* rye party bread slices, 6-inch flour tortillas, halved small pita bread rounds, crispy rye crackers, 5-inch Armenian cracker bread (lahvosh) *and/or* Pineapple-Carrot Tea Bread (see recipe, *page 170*)
Assorted fillings, such as Honey-Vegetable Vinaigrette, Salmon and Lemon-Caper Cream, *and/or* Chicken-Cashew Curry (see recipes, *right*)
Margarine, butter, mayonnaise, *and/or* salad dressing

● **If using lahvosh, dampen on both** sides by holding under gently running warm water. Place bread between damp clean towels. Let stand at room temperature for 1 hour or till soft.

● **Meanwhile, make desired fillings.** Spread bread with margarine, butter, mayonnaise, or salad dressing (omit for vinaigrette filling). Top with fillings. For tortillas and softened lahvosh, roll up jelly-roll style; slice into ¾-inch-thick pinwheels.

CALCULATING RECIPE COSTS

The costs for these recipes are based on prices in a Des Moines, Iowa, supermarket last September. When possible, prices were selected from nationally available brands. For all recipes, we do not include the price of herbs and spices and optional ingredients. When alternate ingredients are given, the first alternate is priced, unless otherwise stated. For spring produce, we've made some seasonal price adjustments.

Make-ahead directions: Prepare Chicken-Cashew Curry and Lemon-Caper Cream the day before serving. Cover and chill overnight.

Honey-Vegetable Vinaigrette: In a medium mixing bowl stir together 1 tablespoon *salad oil,* 1 tablespoon *vinegar,* 1 tablespoon *honey,* and 1 teaspoon *coarse-grain brown mustard.* Add 1½ cups chopped *Chinese cabbage* and ½ cup shredded *carrot;* toss gently to coat. Immediately top pita rounds, bagels, or party breads with thinly sliced *tomato* or *cucumber, lettuce leaves,* and/or *watercress.* Top with *2 tablespoons* cabbage mixture. Makes 1½ cups filling or 12 servings.

Cost per serving on pita bread: *24 cents*

Nutrition information per serving on pita bread: *125 cal., 2 g fat, 0 mg chol., 4 g pro., 23 g carbo., 225 mg sodium, 1 g fiber. RDA: 17% vit. A, 17% thiamine, 10% niacin.*

Salmon and Lemon-Caper Cream: In a small mixing bowl stir together ⅓ cup *mayonnaise* or *salad dressing,* 1 tablespoon drained *capers,* ½ teaspoon finely shredded *lemon peel,* ½ teaspoon *Dijon-style mustard,* and ⅛ teaspoon *white pepper.* Line bread with *curly endive* or *lettuce leaves.* Using 8 ounces total, arrange thinly sliced *smoked salmon (lox style)* or *smoked turkey* on lettuce. Top with *1 teaspoon* mayonnaise mixture. If desired, garnish with fresh *dill.* Serve at once. Makes ⅓ cup or 18 servings.

Cost per serving on bagel: *81 cents*

Nutrition information per serving on bagel: *91 cal., 5 g fat, 8 mg chol., 4 g pro., 8 g carbo., 198 mg sodium, 0 g fiber.*

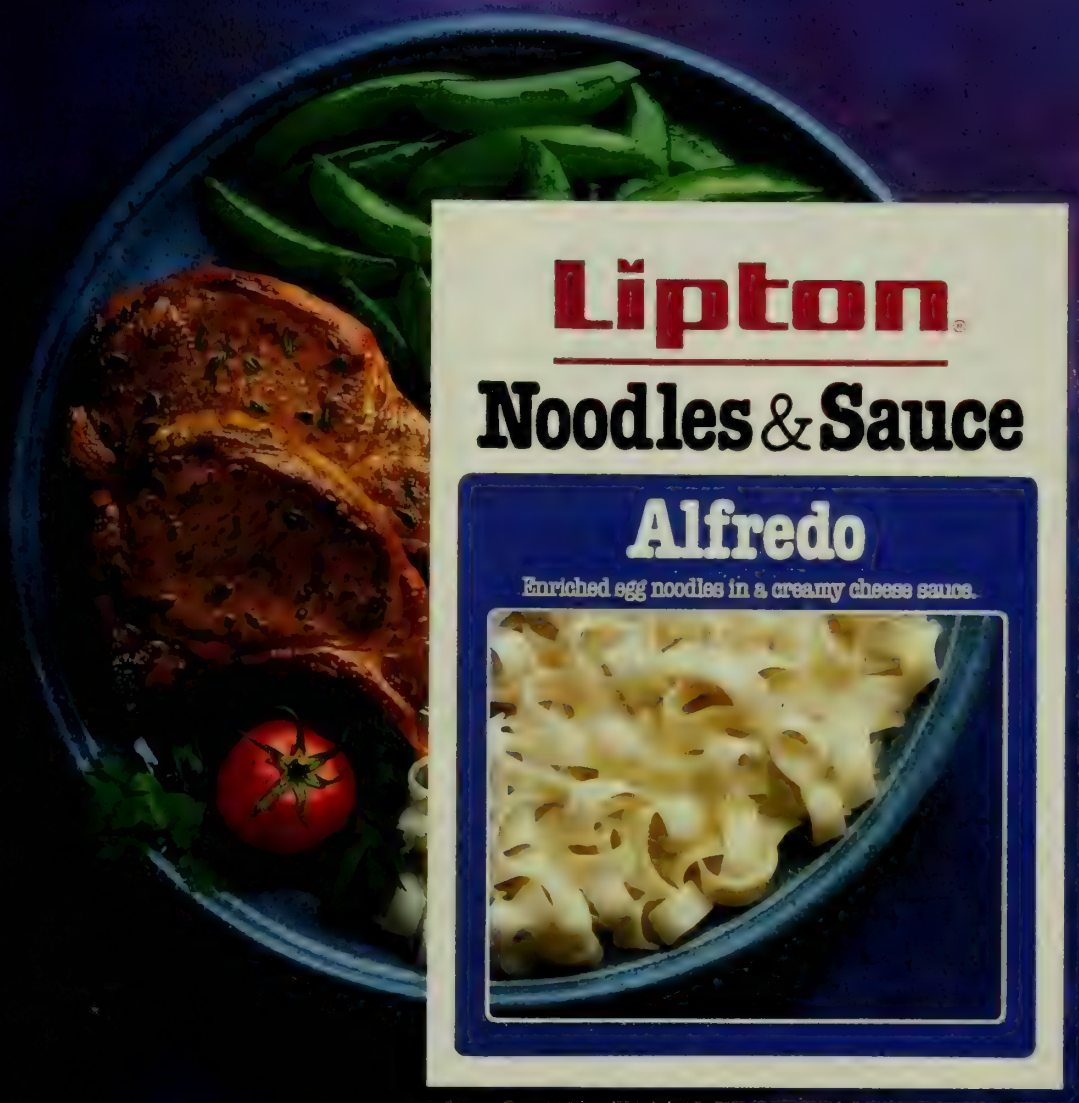
Chicken-Cashew Curry: In a bowl stir together ½ cup *plain yogurt* and 2 tablespoons *soft-style cream cheese.* Stir in 2 tablespoons snipped *chives* or thinly sliced *green onion,* 1 teaspoon *curry powder,* and ¼ teaspoon *salt.* Stir in 1½ cups finely chopped, cooked *chicken* or *turkey* (8 ounces) and ¼ cup chopped *cashews* or *almonds.* Line bread with *curly endive* or *lettuce.* Spread with *2 tablespoons* filling. Top with *snipped chives* or thinly sliced *green onion.* Makes 1½ cups or 12 servings.

Cost per filled tortilla: *84 cents*

Nutrition information per tortilla: *159 cal., 1 g fat, 19 mg chol., 9 g pro., 19 g carbo., 74 mg sodium, 1 g fiber. RDA: 11% iron, 11% riboflavin, 19% niacin.*

continued on page 170

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SPRING DELICIOUS

continued from page 168

PINEAPPLE-CARROT TEA BREAD

Spread butter or cream cheese onto slices of this go-with-anything bread. Or, crown them with different toppings, such as ham, watercress, and orange sections, as pictured on page 157—

2¼ cups all-purpose flour
1 pkg. active dry yeast
1 8-oz. can crushed pineapple (juice pack)
¼ cup sugar
¼ cup margarine *or* butter
½ tsp. salt
1 egg
1 tsp. vanilla
½ cup shredded carrot

● **Lightly grease** an 8x4x2-inch loaf pan; set aside. In a large mixing bowl stir together *¾ cup* of the flour and the yeast; set aside.

● **Drain pineapple,** reserving *⅓ cup* of the juice. In a saucepan heat and stir reserved pineapple juice, sugar, margarine or butter, and salt just till warm (120° to 130°) and margarine is almost melted. Add to flour mixture. Add egg and vanilla. Beat with an electric mixer on low to medium speed for 30 seconds, scraping bowl occasionally. Beat on high speed for 3 minutes. Stir in pineapple and carrot. Using a spoon, stir in remaining flour (the batter will be sticky).

● **Spoon batter into prepared pan.** Cover and let rise in a warm place till almost double (45 to 60 minutes). Bake in a 375° oven for 35 to 40 minutes or till golden, covering with foil the last 10 minutes if necessary. Remove bread from pan. Cool on a wire rack. Makes 1 loaf (16 servings).

Make-ahead directions: Bake bread as directed. Cool; wrap in freezer wrap. Freeze for up to 1 month.

Cost per slice: *7 cents*

Nutrition information per slice: *116 cal., 4 g fat, 13 mg chol., 2 g pro., 18 g carbo., 106 mg sodium, 1 g fiber. RDA: 17% vit. A, 14% thiamine, and 10% riboflavin.*

PEAR BUTTERMILK SCONES

A whisper of spice accents these British-style biscuits—

1¾ cups all-purpose flour
⅓ cup sugar
2 tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
¼ tsp. ground cardamom, nutmeg, *or* allspice
⅓ cup margarine *or* butter
2 eggs
¼ cup buttermilk
½ cup chopped, peeled pear, drained
Powdered sugar
Whipped cream (optional)
Strawberries (optional)
Strawberry preserves (optional)

● **In a large mixing bowl stir** together flour; sugar; baking powder; baking soda; salt; and cardamom, nutmeg, or allspice. Using a pastry blender, cut in margarine or butter till the mixture resembles coarse crumbs. Make a well in the center.

● **In a small mixing bowl beat eggs** slightly; stir in buttermilk. Add the buttermilk mixture all at once to the flour mixture. Using a fork, stir just till moistened. Fold in pear.

● **Turn dough out** onto a floured surface. Quickly knead dough by gently folding and pressing for 10 to 12 strokes or till nearly smooth. Pat or lightly roll to ½-inch thickness. Cut dough into shapes with a 2½-inch-round biscuit cutter, dipping cutter into flour between cuts.

● **Place dough rounds 1 inch apart** on an ungreased baking sheet. Bake in a 375° oven for 10 to 12 minutes or till golden. Cool on the baking sheet for 5 minutes, then transfer scones to a wire rack. Sift powdered sugar over tops. Serve warm with whipped cream, strawberries, and preserves, if desired. Makes 12 to 14 scones.

Cost per scone: *6 cents*

Nutrition information per serving: *147 cal., 6 g fat, 36 mg chol., 3 g pro., 20 g carbo., 185 mg sodium, 1 g fiber. RDA: 10% vit. A, 13% thiamine, and 11% riboflavin.*

GINGERBREAD LEMON TERRINE

To make the chain of hearts in the kiwi sauce, as pictured on page 158, drop a few drops of raspberry sauce into the kiwi sauce on the plate, then draw a knife blade through it—

1 recipe Gingerbread Pound Cake (see recipe, *page 172*)
¾ cup sugar
1 envelope unflavored gelatin
¾ cup cold water
1 tsp. finely shredded lemon peel
½ tsp. finely shredded orange peel
¼ cup lemon juice
Few drops yellow food coloring (optional)
1 cup whipping cream
1 recipe Kiwi Sauce (see recipe, *page 172*)
1 recipe Raspberry Sauce (see recipe, *page 172*)

● **Prepare Gingerbread Pound Cake.** When cake is cool, prepare filling. In a medium saucepan stir together sugar and gelatin. Stir in cold water, lemon peel, orange peel, and lemon juice. Heat and stir over low heat just till gelatin is dissolved; stir in food coloring. Set pan in an ice water bath; stir mixture constantly for 5 to 8 minutes or till of the consistency of corn syrup. Remove from water; set aside.

● **In a medium mixing bowl beat** cream till soft peaks form. Fold *one-fourth* of the whipped cream into cooled gelatin mixture. Fold all of the mixture into remaining whipped cream. Chill about 20 minutes or till the mixture mounds when spooned.

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TEA SANDWICH SUGGESTIONS

Filling	Bread	Garnish
Honey-Vegetable Vinaigrette	Pita bread	Cucumber and tomato
Salmon and Lemon-Caper Cream	Halved mini bagel	Endive and dill
Chicken-Cashew Curry	Pita or flour tortilla	Lettuce and chives
Cream cheese and ham	Pineapple-Carrot Tea Bread	Mandarin orange and watercress

WATSON WIGGLES OUT OF TROUBLE.

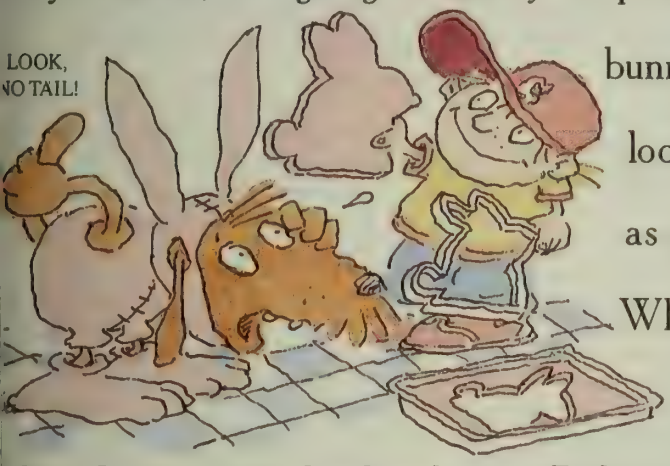
APRIL



WATSON'S HOPPING MAD!

Spring's in the air. So are Sammy's silly ideas.

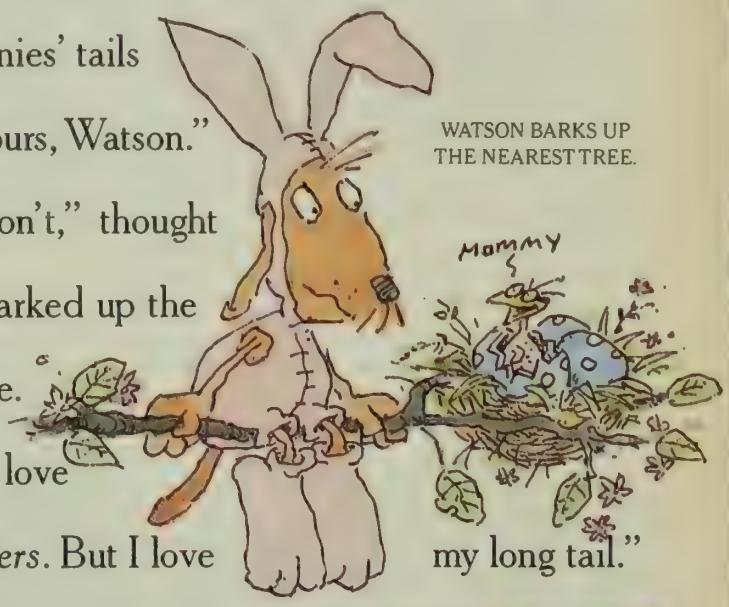
Hey Watson, I'm going to dress you up like a bunny." Watson wasn't sure about this. "You'll look good," Sammy reassured him. "Almost as good as strawberry Spring *Jigglers*." Which reminded Sammy, Mom had been neat and mixed up a batch of *Jigglers* rlier. Creamy pastel colored ones. Delicious. Sammy cut out some bunny shapes. Mmmm," he said as he took a bite. "Bunnies' tails aren't as long as yours, Watson."



LOOK, NO TAIL!

"Oh no you don't," thought Watson, as he barked up the nearest tree. "You might love JELL-O *Jigglers*. But I love my long tail."





WATSON BARKS UP THE NEAREST TREE.

SPRING *JIGGLERS*™

Gelatin Snacks

2 packages (4-serving size) JELL-O® Brand Gelatin, any flavor
1¼ cups boiling water
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed

DISSOLVE gelatin in boiling water in large bowl, stirring 2 minutes or *until completely dissolved.* Refrigerate 15 minutes or until gelatin is cooled to room temperature.

REMOVE bowl from refrigerator. Using wire whisk, vigorously stir whipped topping into gelatin until smooth. Spread evenly in 13x9-inch pan. Refrigerate at least 3 hours.

DIP pan in warm water for 10 seconds. Cut into shapes with cookie cutters. Lift from pan. Decorate and serve.

Note: Best when served cold.



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Now you can have your fun and eat it too!™

SPRING DELICIOUS

continued from page 170

● **To assemble, trim crusts** from cooled gingerbread cake. Using a serrated knife, slice cake horizontally into 4 slices. Cut 1 slice in half lengthwise. Line a 9x5x3-inch loaf dish with plastic wrap. Place 1 of the whole slices on the bottom of the dish. Place the 2 half slices along each long side of pan. Spoon in *half* of the lemon filling. Top with another whole slice of gingerbread, cutting to fit (see photograph, *below*). Spoon in remaining lemon filling. Top with remaining slice of gingerbread, cutting to fit. Cover tightly and chill for at least 4 hours or till firm enough to slice.



After spooning in half of the lemon filling, top with a whole slice of Gingerbread Pound Cake.

● **Meanwhile, prepare the sauces;** cover and chill. To serve, unmold the terrine onto a platter. Slice to serve. Spoon some of the Kiwi Sauce and Raspberry Sauce onto each plate. Lay a slice of the terrine atop sauces. Makes 12 servings.

Kiwi Sauce: In a blender container or food processor bowl combine 6 peeled *kiwi fruit* and 2 tablespoons *sugar.* Cover and blend or process till smooth. If desired, strain through a sieve to remove seeds. Cover and chill till serving time. Makes 1 cup sauce.

Raspberry Sauce: In a blender container or food processor bowl combine 1½ cups *frozen loose-pack red raspberries,* thawed slightly, and 2 tablespoons *sugar.* Cover and blend or process till smooth. If desired, strain through a sieve to remove the seeds. Cover and chill till serving time. Makes ¾ cup sauce.

Make-ahead directions: Bake and freeze the cake as directed. The day before serving, thaw the covered cake; make the lemon filling and the two sauces. Assemble the terrine; cover and chill overnight.

Cost per serving: *57 cents*

Nutrition information per serving: *444 cal., 24 g fat, 130 mg chol., 5 g pro., 55 g carbo., 200 mg sodium, 2 g fiber. RDA: 10% calcium, 14% iron, 32% vit. A, 74% vit. C, 16% thiamine, 18% riboflavin, 10% niacin.*

GINGERBREAD POUND CAKE

Use this spicy cake to make the terrine or slice and serve it on its own—

1 cup margarine *or* butter
4 eggs
2 cups all-purpose flour
1 tsp. baking powder
1 tsp. ground ginger
1 tsp. ground cinnamon
¾ cup packed brown sugar
¼ cup molasses

● **Let margarine or butter** and eggs stand at room temperature for 30 minutes. In a large mixing bowl stir together flour, baking powder, ginger, and cinnamon; set aside.

● **In another large mixing bowl beat** margarine or butter with an electric mixer on medium speed for 30 seconds. Gradually add brown sugar, about *2 tablespoons* at a time, beating on medium to high speed about 6 minutes total or till very light and fluffy. Add eggs, one at a time, beating for 1 minute after each addition, scraping the sides of the bowl often. Beat in molasses. Gradually add flour mixture to butter mixture, beating on low speed just till combined.

● **Pour batter** into a greased and floured 9x5x3-inch loaf pan. Bake in a 325° oven for 55 to 65 minutes or till a toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes. Remove cake from pan. Cool thoroughly on a wire rack. Makes 12 servings.

Make ahead directions: Bake cake as directed. Cool thoroughly and wrap in freezer wrap or foil. Freeze for up to 6 months.

Cost per serving: *11 cents*

Nutrition information per serving: *307 cal., 18 g fat, 112 mg chol., 4 g pro., 33 g carbo., 207 mg sodium, 1 g fiber. RDA: 14% iron, 22% vit. A, 15% thiamine, 15% riboflavin.*

CHOCOLATE TRUFFLE TARTS

Divide the filling and flavor each portion with a different liqueur—

½ of an 11-oz. pkg. piecrust mix *or* 1 stick piecrust mix
¼ cup finely chopped pecans *or* hazelnuts
2 Tbsp. sugar
4 oz. semisweet chocolate
¼ cup whipping cream
3 Tbsp. butter *or* margarine
1 beaten egg yolk
2 Tbsp. desired liqueur *or* whipping cream
⅓ cup white baking pieces with cocoa butter, melted (optional)
Fresh fruits (such as raspberries *or* cherries), fruit preserves, nuts, *or* edible flowers (such as violas)

● **Prepare piecrust mix** according to package directions, *except* add the ¼ cup nuts and the sugar to dry mix. Shape into twenty-four ¾-inch balls. Press onto bottom and up sides of 24 ungreased 1¾-inch muffin cups. Bake in a 450° oven for 6 to 8 minutes or till edges begin to brown. Cool in pans on a wire rack. Remove from pans.

● **For filling,** in a heavy saucepan combine chocolate, ¼ cup whipping cream, and butter or margarine. Cook and stir over low heat till chocolate is melted. Gradually stir about *half* of the hot mixture into the egg yolk. Return all of the mixture to the saucepan. Cook and stir just till mixture starts to bubble. Remove from heat.

● **Stir in** 2 tablespoons desired liqueur or whipping cream. Transfer chocolate mixture to a small mixer bowl; chill for 1½ to 2 hours or till mixture is cool and smooth, stirring occasionally. (The butter may separate but will blend in when stirred.)

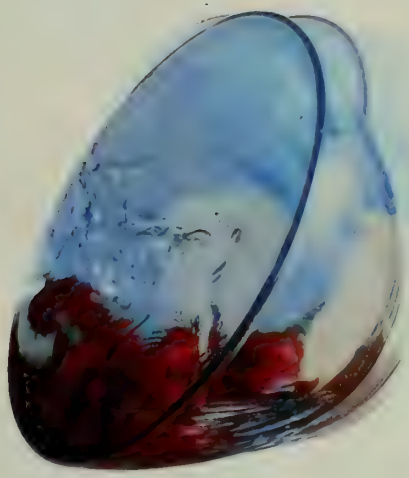
● **Beat the chilled chocolate** mixture with an electric mixer on medium speed about 2 minutes or till light and fluffy. If desired, spoon the chocolate mixture into a decorating bag fitted with a large star tip (about ½ inch opening). Pipe or spoon the mixture into baked tart shells. Cover and chill till serving time, for up to 24 hours.

● **Before serving,** let stand at room temperature for 15 to 20 minutes. If desired, drizzle with white chocolate and top with fruits, preserves, nuts, or edible flowers. Makes 24 tarts.

continued on page 174



Brighter



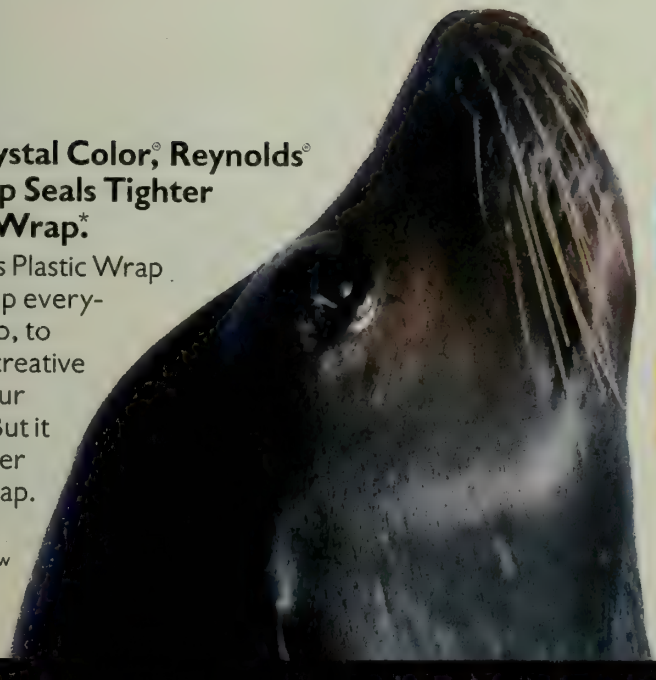
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SPRING DELICIOUS

continued from page 172

Make-ahead directions: Pipe the filling into the tart shells up to 24 hours ahead. Cover and chill till serving time. Decorate as desired.

Cost per tart using kahlua: *17 cents*

Nutrition information per tart: *110 cal., 8 g fat, 16 mg chol., 1 g pro., 10 g carbo., 63 mg sodium, 0 g fiber.*

SHERRY-ALMOND SPONGE CAKE

For a garnish that really says spring, look for edible flowers at your local greenhouse and some supermarkets—

4 egg yolks
⅓ cup dry *or* cream sherry
⅔ cup sugar
⅔ cup all-purpose flour
¼ cup ground toasted almonds

• • •

4 egg whites
½ tsp. cream of tartar
⅓ cup sugar
1 cup whipping cream
1 Tbsp. sugar
1 Tbsp. dry *or* cream sherry
½ cup strawberry *or* raspberry preserves
2 Tbsp. coarsely chopped toasted almonds
Edible flowers, such as violas (optional)

● **In a small mixer bowl beat** egg yolks with an electric mixer on high speed about 5 minutes or till thick and lemon colored. Add the ⅓ cup sherry. Beat on low speed till combined. Gradually beat in the ⅔ cup sugar. Increase speed to medium; beat till mixture thickens slightly and doubles in volume (about 5 minutes total). Sprinkle *⅓ cup* of the flour over yolk mixture; gently fold in till combined. Repeat with remaining flour. Gently fold in ground almonds. Set aside.

● **Thoroughly wash beaters.** In a large mixer bowl beat egg whites and cream of tartar on medium speed till soft peaks form (tips curl). Gradually add the ⅓ cup sugar, beating on high speed till stiff peaks form (tips stand straight). Fold about *1 cup* of the egg white mixture into the yolk mixture. Gently fold the yolk mixture into the remaining white mixture.

● **Pour batter** into 2 ungreased 8-inch round cake pans. Bake in a 325° oven about 25 minutes or till cake springs back when touched near center. Invert pans onto wire racks to cool.

● **In a chilled medium mixing bowl** combine whipping cream, the 1 tablespoon sugar, and the 1 tablespoon sherry; beat till soft peaks form. Remove cooled cake from pans. Spread strawberry or raspberry preserves between cake layers. Spread whipped cream on top and sides of cake. Pat almonds onto sides. Cover and chill till serving time, up to 4 hours. Just before serving, top with edible flowers, if desired. Makes 12 servings.

Make-ahead directions: Bake cake as directed. Cool layers thoroughly and wrap each in freezer wrap or foil. Freeze for up to 6 months. To serve, thaw, covered, overnight in the refrigerator. Assemble as directed.

Cost per serving: *28 cents*

Nutrition information per serving: *252 cal., 11 g fat, 98 mg chol., 4 g pro., 33 g carbo., 30 mg sodium, 1 g fiber. RDA: 15% vit. A, 14% riboflavin.*

HOW FAR AHEAD CAN YOU BAKE?

Cut last-minute fuss when you're entertaining by baking breads and desserts ahead and freezing them. As long as you wrap food in heavy foil, freezer wrap, freezer bags, or freezer containers and seal it tightly, you can store the food for as long as the times listed below.

Biscuits and muffins	**2 months**
Yeast bread and rolls	**4 to 8 months**
Yeast dough (unrisen)	**4 to 8 months**
Cakes and cupcakes	**6 months**
Baked cookies	**6 to 12 months**
Cookie dough	**6 months**
Unbaked fruit pies	**3 months**
Baked fruit pies	**2 to 3 months**

A FOOD EDITORS' COOKBOOK TO HELP HOMELESS FAMILIES



The growing problem of homelessness touched the hearts of the food editors at *Better Homes and Gardens*® magazine. We asked ourselves, "What can we do to give homeless families a better life?" Our answer: *Food Editors' Treasured Recipes,* a cookbook that benefits The Better Homes™ Foundation. This national nonprofit organization funds programs for homeless families across the country.

DELICIOUS FAVORITES

***Food Editors' Treasured Recipes* is brimming with recipes food editors serve to their families and friends. That includes everything from fast-to-fix dinnertime favorites and Grandma's breads to elegant appetizers and rich chocolate desserts.**

Accompanying each recipe are personal recollections and tips from the food editors of such magazines as *Better Homes and Gardens, Ladies' Home Journal, Country America, Midwest Living, Traditional Home, Country Home,* and *Metropolitan Home.* For example, our own Executive Food Editor, Nancy Byal, shares her husband's favorite coconut cookie, a recipe that his mother gave her on their wedding day. Nancy's recipe and each of the 115 recipes in the cookbook come with nutrition information.

HOW TO ORDER

Send a check or money order for $14.95 (plus $3 postage and handling), payable to The Better Homes™ Foundation, at P.O. Box 9236, Des Moines, IA 50306. (Iowa residents: add 72 cents state sales tax. Massachusetts residents: add 90 cents state sales tax.) Or, to order with a major credit card, call toll-free 800/678-2672.


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New From Ragú



New From Ragú

At last, pasta sauces as smart as they are delicious. All three new Today's Recipe Pasta Sauces are ☑ low in fat, have ☑ 50% less sodium, and absolutely ☑ no cholesterol and ☑ no added sugar. But we promise you'd never know by tasting them.*

*than our original recipe

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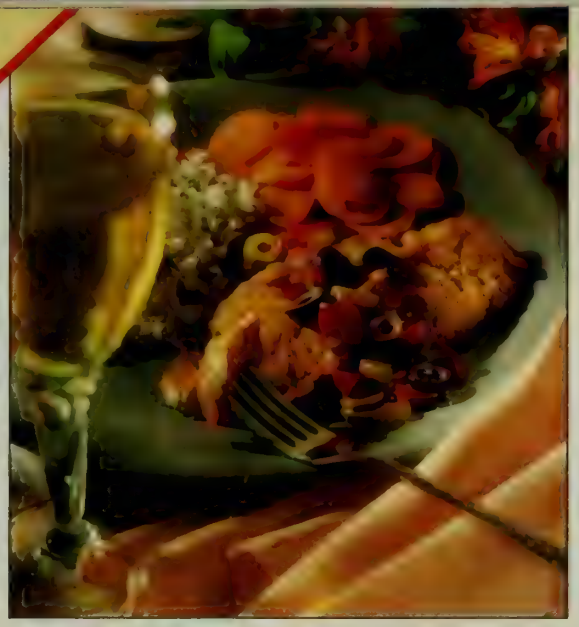
WIN MONEY FOR YOUR RECIPES
See Page 180 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

TURKEY DINNERS

File under Poultry
April, 1992



$200 WINNER *Marilou Robinson, Portland, Oreg.*

PORTUGUESE-STYLE TURKEY STEAKS

Marilou's family loves these cumin-spiced turkey steaks with vegetable-olive sauce—

- **4 6-oz. turkey breast tenderloin steaks (1½ lb. total)**
- **2 Tbsp. all-purpose flour**
- **1 tsp. ground cumin**
- **1 tsp. paprika**
- **2 to 3 Tbsp. olive oil *or* cooking oil**
- **½ cup chopped red *or* green sweet pepper**
- **¼ cup chopped celery**
- **¼ cup sliced green onion**
- **1 clove garlic, minced**
- **¼ cup sliced pitted ripe olives**
- **¼ cup sliced pimiento-stuffed olives**
- **½ cup dry red wine**
- **½ tsp. cornstarch**

Rinse turkey; pat dry. Place *each* breast half between 2 pieces of plastic wrap. Pound with a meat mallet to ¼-inch thickness. In a shallow dish combine flour, cumin, paprika, ½ teaspoon *pepper,* and ¼ teaspoon *salt.* Dip turkey pieces into flour mixture, turning to coat. In a large skillet cook turkey, 2 steaks at a time, in *2 tablespoons* of the hot oil over medium heat about 6 minutes or till no longer pink, turning once. Remove; keep warm. Repeat with remaining pieces, adding oil if necessary. In same skillet cook and stir sweet pepper, celery, onion, and garlic over medium heat for 7 to 8 minutes or till almost tender. Stir in olives. Stir together wine and cornstarch. Add to skillet. Cook and stir till bubbly. Cook and stir 1 minute more. Serve sauce over turkey. Makes 4 main-dish servings.

Nutrition information per serving: *290 cal., 13 g fat, 74 mg chol., 33 g pro., 6 g carbo., 1 g fiber,* and *278 mg sodium. RDA: 17% iron, 22% vit. C, 11% thiamine, 14% riboflavin, 52% niacin.*

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

MICROWAVE POTATOES

File under Vegetables
April, 1992



$200 WINNER *J. Hill, Sacramento, Calif.*

HOT MEXICAN POTATO SALAD

Make this salad mild to spicy depending on the picante dressing you choose—

- **1 lb. whole tiny new potatoes, quartered**
- **¼ cup water**
- **¼ cup picante sauce**
- **1 to 2 Tbsp. lime juice**
- **1 Tbsp. olive oil *or* salad oil**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **1 large tomato, seeded and chopped**
- **½ cup sliced pitted ripe olives**
- **¼ cup sliced green onion**
- **1 Tbsp. snipped cilantro *or* parsley**

In a 2-quart microwave-safe casserole micro-cook potatoes and water, covered, on 100% power (high) for 9 to 11 minutes or till potatoes are tender, stirring once. Drain.

Meanwhile, in a small microwave-safe bowl combine picante sauce, lime juice, oil, salt, and pepper. Cook, uncovered, on high for 45 to 60 seconds or till heated through. Add sauce to cooked potatoes. Stir in tomato, olives, onion, and cilantro or parsley; toss to coat. Makes 4 side-dish servings.

Nutrition information per serving: *176 cal., 7 g fat, 0 mg chol., 3 g pro., 30 g carbo., 331 mg sodium, 3 g fiber. RDA: 52% vit. C, 16% thiamine, 15% niacin.*

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BETTER HOMES AND GARDENS TEST KITCHEN®

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MICROWAVE POTATOES

File under Vegetables
April, 1992



$100 WINNER *Ruth A. Thomson, Southern Pines, N.C.*

SCALLOPED POTATOES AND SPINACH

Ruth totes this winning potato dish to potluck dinners, then reheats it in the microwave—

- **5 medium potatoes, peeled and sliced ¼ inch thick (5 cups)**
- **¼ cup water**
- **⅛ tsp. salt**
- **⅓ cup chopped onion**
- **3 Tbsp. margarine *or* butter**
- **3 Tbsp. all-purpose flour**
- **2 cups milk**
- **¾ cup shredded cheddar cheese (3 oz.)**
- **½ of a 10-oz. pkg. frozen chopped spinach, thawed and well drained**
- **1 Tbsp. chopped pimiento**
- **Paprika**

In a 2-quart microwave-safe casserole micro-cook the sliced potatoes, water, and salt, covered, on 100% power (high) for 8 to 10 minutes or till potatoes are just tender, stirring twice. Drain; remove from casserole and set aside.

In same casserole cook onion in margarine or butter, covered, on high for 2 to 3 minutes or till tender. Stir in flour. Add milk all at once; stir to combine. Cook, uncovered, on high about 6 minutes or till thickened and bubbly, stirring every minute till sauce starts to thicken, then every 30 seconds. Add cheese; stir till melted. Stir in the cooked potatoes, spinach, and pimiento. Cook, covered, on high for 1 to 2 minutes or just till heated through (do not boil). Sprinkle with paprika. Makes 8 servings.

Nutrition information per serving: *209 cal., 9 g fat, 16 mg chol., 7 g pro., 25 g carbo., 1 g fiber, 200 mg sodium. RDA: 23% calcium, 33% vit. A, 19% vit. C, 14% thiamine, 16% riboflavin, 10% niacin.*

Buying information, page 122.

Clip along here and file punched pages in your *New Cook Book*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

TURKEY DINNERS

File under Poultry
April, 1992



$100 WINNER *Lisa Wroble, Plymouth, Mich.*

MIDWESTERN BAKED CHILI

These individual chili casseroles win on great taste. For sodium watchers, use tomato sauce with no added salt and rinse the cannellini beans with water to reduce the sodium by about 500 mg per serving—

- **1 lb. ground raw turkey**
- **1 cup chopped celery**
- **¾ cup chopped onion**
- **½ cup chopped green pepper**
- **½ cup chopped peeled eggplant *or* winter squash (such as butternut)**
- **2 tsp. chili powder**
- **½ tsp. black pepper**
- **½ tsp. ground cumin**
- **½ tsp. crushed red pepper**
- **1 15-oz. can tomato sauce**
- **1 15-oz. can chili beans with chili gravy**
- **1 15-oz. can cannellini beans, *or* butter beans, drained**
- **2 8½-oz. pkg. corn muffin mix**
- **1 cup shredded cheddar cheese**
- **Dairy sour cream (optional)**

In a skillet cook turkey, celery, onion, green pepper, and eggplant or squash till turkey is no longer pink. Add chili powder, pepper, cumin, and red pepper. Cook and stir 2 minutes. Stir in tomato sauce and beans. Heat through; set aside.

Meanwhile, prepare corn muffin mix according to package directions. Spoon muffin batter into *eight* greased 12- to 16-ounce individual casseroles. Spoon chili mixture over batter. Bake, uncovered, in a 350° oven for 20 minutes. Sprinkle with cheese; bake 10 minutes more. Top with sour cream, if desired. Makes 8 main-dish servings.

Nutrition information per serving: *511 cal., 20 g fat, 75 mg chol., 24 g pro., 68 g carbo., 1,248 mg sodium, 5 g fiber. RDA: 32% calcium, 22% iron, 21% vit. A, 28% vit. C, 23% thiamine, 23% riboflavin, 24% niacin*

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CRISCO CRANBERRY SWIRL MUFFINS

¼ cup Crisco Shortening
½ cup sugar
2 egg whites
1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt (optional)
¾ cup skim milk
½ cup cranberry raspberry sauce

1. Heat oven to 400° F. Grease 12 medium (about 2½ inch) muffin cups or use foil or paper liners.
2. Cream Crisco and sugar with fork in medium bowl until blended. Add egg whites. Beat until fairly smooth. Stir in flour, baking powder, salt (if used) and milk until just mixed. Add cranberry raspberry sauce. Fold and swirl through batter.
3. Spoon batter evenly into muffin cups, filling about three-fourths full.
4. Bake at 400° F for 21 or 22 minutes or until golden brown. Cool 5 minutes before removing from pan. Serve warm or at room temperature.

YIELD: ONE DOZEN MUFFINS

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HINTS FOR THIS MONTH'S CATEGORIES

Pasta!

How do you serve pasta? Hot or cold? As a main dish or side salad? Tossed with vegetables, meat, or a special sauce? Do you use purchased pasta or your own flavored homemade pasta?

Favorite Pumpkin Ideas

Besides pie, does your family enjoy pumpkin in other holiday recipes? Do you serve a cake, mousse, bread, or other pumpkin specialty? We're looking for creative uses for pumpkin.

WINNERS IN THIS ISSUE (pages 177 and 178)

$200 Winners

J. Hill, *Sacramento, Calif.*
Lisa Wroble, *Plymouth, Mich.*

$100 Winners

Marilou Robinson, *Portland, Oreg.*
Ruth Thomson, *Southern Pines, N.C.*

Honor Roll Winners

Each received Corning cookware.
Kathleen L. Boulanger, *Williston, Vt.;*
Christianne Bower, *Merced, Calif.;*
Anne Frederick, *New Hartford, N.Y.;*
Betty J. Nichols, *Eugene, Oreg.;*
Lois Proudfit, *Eugene, Oreg.;*
Kathy Rypkema, *Bedford, Tex.*

CONTEST RULES

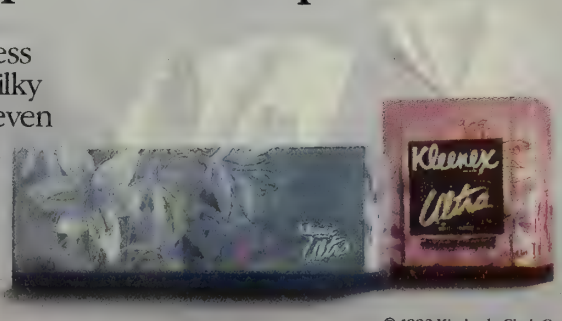
1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "November Pasta!" or "November Favorite Pumpkin Ideas." Specify ingredient brands and recipe origin. **3.** Address recipes to 9211 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark entries by April 30, 1992. **5.** Winners are notified by mail. **6.** Entries must be original, and will be judged on creativity and taste. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.



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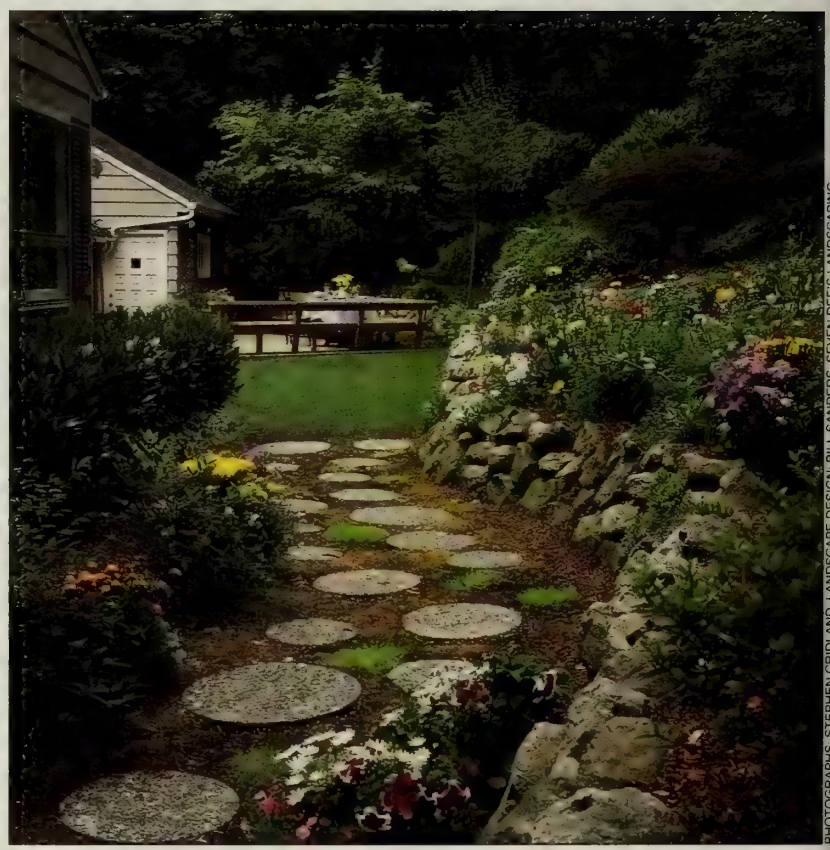
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A HILLSIDE SOLUTION
Making room for recreation

Owning a home on a forested hillside was a mixed blessing for Nancy and Larry Paulson. The huge evergreens surrounding the Portland, Oregon, property gave the couple the privacy they had always dreamed of, but the steep terrain hampered outdoor living.

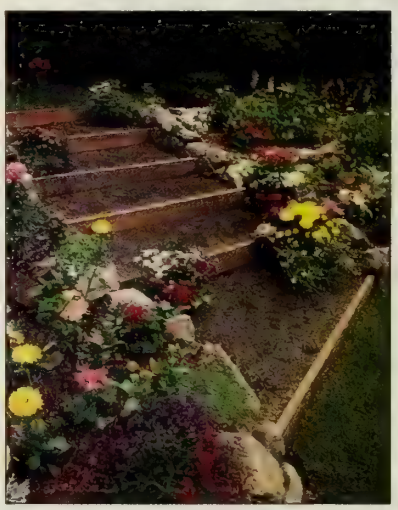
The Paulsons' solution was a landscape design that best uses the yard's natural advantages. Their renovation began with replacing a crumbling railroad-tie retaining wall with an attractive rock wall that divides the yard into two terraces. Once the wall was completed, they regraded the lower level to create a spacious flat surface for lawn games, and expanded the deck area for entertaining.

New plantings bring color and character to the refurbished yard. Planted in pockets along the length of the rock wall, low-growing and low-care azaleas, heather, rhododenrons, and mosses are permanent residents; annuals are added each year for nonstop flowers.

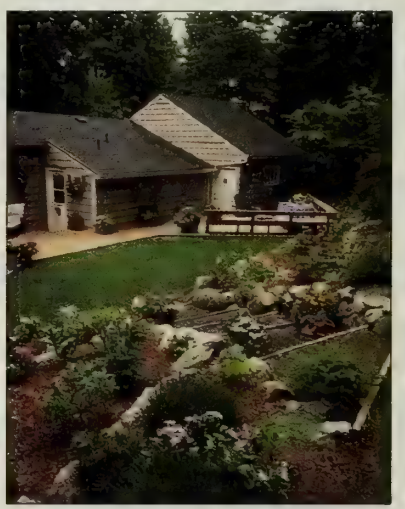


PHOTOGRAPHS: STEPHEN CRIDLAND. LANDSCAPE DESIGN: BILL SANDERS, SEVEN DEE'S LANDSCAPING

Round aggregate stepping stones interplanted with moss replace a threadbare lawn in the shaded strip between the house and the rock wall.



A wide and angled stairway built of pressure-treated lumber and pea gravel forms an attractive passage between the two levels of lawn.



To turn their sloping property into usable space, the Paulsons created two levels, separated by a rock wall that runs the length of the yard.



REGIONAL EDITOR: CATHY HOWARD

A spacious, ground-level deck spans the back wall of the house. The prow-shape projection at one end is fitted with a built-in bench for entertaining.



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DECORATING

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Reproductions: Exact copies of fine antiques, usually made with the same materials and detail as the originals. "Visual reproductions" use modern shortcuts to hold down costs or add modern convenience.

Adaptations: Pieces loosely based on originals. Tags may say the furniture design is "based on," "adapted from," or "in the style of."

Modulars: Furniture pieces that offer room arrangement flexibility. Modular storage systems come in pieces that stack. Modulars can also be fully upholstered seating components such as armless chairs, one-arm chairs, and corner pieces that push together into many configurations.

Sectionals: Upholstered pieces made in sections that fit together in a set configuration.

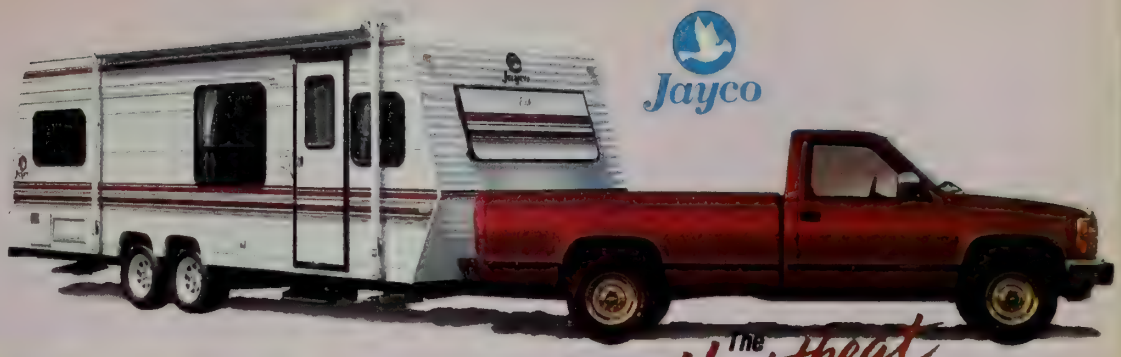
COM: Custom-Ordered Material. Manufacturers may offer you a choice of COM fabrics of varying quality and price when you buy an upholstered chair, love seat, or sofa.

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print your name, address and zip code on this official entry blank, no or a plain 3" x 5" card (no more than 15 entries on 3" x 5" cards per mail a validated receipt from any KOA campsite. Each entry must be mailed entry per envelope) to: **KOA Sweepstakes, P.O. Box 30558, Billings,** Entries must be received by 12/31/92. Entrants must be 18 years of age or ary residence in the United States or Canada. Employees of KOA, Inc., and ily of KOA's affiliated companies, franchisees, agents or advertising agen- ible to win. Offer in the United States is subject to federal, state and local Canada, to all federal, provincial and municipal laws and regulations. Offer hibited by law. Prize winners will be determined by random drawing at KOA's es on or about 01/31/93. You need not be present to win. Odds of winning n number of entries received. Decisions are final and winners will be notified **S:** One Grand Prize—one Chevrolet C2500 Full Size Pick-up (Approximate 000) and one Jayco Eagle series 250FSD Travel Trailer (Approximate retail One First Prize—one Chevrolet Cavalier Sports Coupe (Approximate retail and one Mac-Bilt tear drop trailer (Approximate retail value $5,900). One Camping World Shopping Spree (Retail value $2,500). Thirty Third Prizes— s will each win a certificate good for 30 days of free camping at any KOA n the U.S.A. or Canada (Retail Value per certificate ranges from $480 for to $750 for 30 days at a Kamping Kabin or any combination thereof). Taxes, ng fees and insurance on all prizes are the sole responsibility of individual are nontransferable and no substitutions are allowed. Camping World shop- be redeemed by 12/31/93, unused balance will be forfeited. Camping days 1993. Unused camping days will be forfeited. Winners will be asked to avit of eligibility and release of liability within (20) days of notification and er is subject to forfeiture, in which case a substitute winner will be selected. ants grant permission to use their name or likeness in any manner including ampgrounds of America, Inc. or its affiliates in its advertising without fur- ion. All entries become the exclusive property of KOA, Inc. and none will responsibility is assumed for lost, misdirected or late mail. Entries become he sponsor. Winners in Canada must successfully answer a skill-testing e-requisite to receiving their prize. For a list of prize winners, send a self- ped envelope to: **KOA Sweepstakes, P.O. Box 30558, Billings, MT 59114.**

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KOA KAMPGROUNDS

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Happy Camper Sweepstakes
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To make additional entries, print your name and address on a 3" x 5" card and mail to KOA (at above address). No more than 15 entries per household. All entries must be mailed separately—one entry per envelope.







Some families have all the fun!

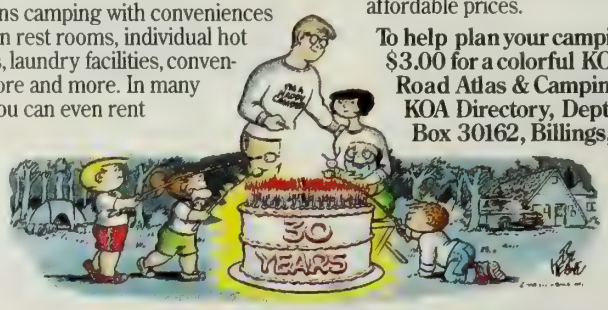
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To help plan your camping trip, send $3.00 for a colorful KOA Directory, Road Atlas & Camping Guide to: KOA Directory, Dept. BHG, P.O. Box 30162, Billings, MT 59107





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OFF THE BEATEN PATH

In addition to the well known vacation s there's a world of lessor known attractions events, and interesting places to see, eithe your final destination or along the way as travel. Every state in the union abounds v historical monuments, wildlife refuges, museums, historical villages, battlefields, thousands of other places which will inter inform and entertain the whole family.

Places like Hell's Half Acre, Lunar Crate Volcanic Field, Sleepy Bear Dunes, Toy Tr Museum, Confederate Naval Museum, Ka Wah Chung and Company Museum, Barb Wire Museum, The Santa Fe Trail, Home steader's Sod House, Wisconsin Concrete New England Wireless and Steam Museu and thousands of places - off the beaten tr

To learn more of what is available, check State Tourist Bureaus and City Chambers Commerce on your route. And as you trav don't be afraid to ask the local people whe some of these interesting places are locate

CAMP ALONG THE WAY

As you travel , there's no better way to st along the way than camping. Travel camp inexpensive, convenient, and a great way t spend a family vacation. KOA, (Kampgrou of America), the largest system of family c grounds, has nearly 600 locations across N America. Most of them are conveniently located to many of these great vacation spo The friendly KOA host will be happy to ste you in the right direction to find some of th out-of-the-way attractions in the area.

During your stay on the campground yo can visit with fellow campers and their fam participate in campground activities, relax, plan your next day's excursion. KOA Kam grounds even have a laundry and convenie store to serve your shopping needs.

Bring along as little camping equipment a sleeping bag and some cooking utensils to at KOA . Many offer cozy Kamping Kabin of course they provide tent camping sites a full hookup recreational vehicle sites for th who own or rent that type of camping equip

Whether you're traveling across the coun or going just a few hundred miles from hom make it a point to visit some of these uniqu attractions, off the beaten path. It's a great to celebrate North America's Quincentenni rediscover America in 1992.

HAPPENINGS NEAR YOU

Cowboy capers. What's your idea of a cowpoke—a horseback rider who ropes calves and fights rustlers, then relaxes around a campfire eating beans out of a can? Or do you visualize a poet who whips up culinary surprises in a Dutch oven? You're more likely to see the latter at the Iron County Cowboy Days, April 10–12 in Parowan, Utah. Besides showcasing the talents of ranch hands, this celebration features a Western Art Expo, a quilt raffle, and a square dance. You can watch mule and stock horse races, the black powder shoot with classic rifles, and the Dutch oven cookoff. Bring along your poetic efforts, if you want. Cowpokes share the limelight with city slickers at open poetry sessions. Information: *Iron County Cowboy Days, Dept. BHG, P.O. Box 1054, Parowan, UT 84761; 801/477-3973.*

Mining treasures. With a heave and a ho, soon-to-be miners push carts brimming with gravel down tracks of rails, then empty them with shovels. The speediest win acclaim as top hand muckers. Mining, like most modern industries, has gone high tech, but at the International Collegiate Mining Convention and Competition, April 15–18 in Elko, Nevada, it's back to basics. Mining-school teams vie in such classic skills as gold panning and jackleg drilling—a speed and accuracy test with hand jacks. For more information: *Elko Convention Center, 700 Moren Way, Dept. BHG, Elko, NV 89801; 800/248-ELKO.*

Great grapes. Clear your palate and get ready to lift a glass at the Annual Spring Barrel Tasting, April 24–26, in the Yakima Valley of Washington. Twenty wineries between Benton City and Yakima open their barrels and serve visitors the newest vintages, which haven't been bottled or haven't completed fermentation yet. Tastings include a range of wines, red and white, sweet and dry. Each winery does something different to create a festive environment for entertaining guests, and many encourage picnicking on their large lawns. For a map and winery brochure, write to the *Yakima Valley Wine Growers Association, Dept. BHG, P.O. Box 39, Grandview, WA 98930.* Or contact the *Prosser Tourism Committee, 1230 Bennett Ave., Dept. BHG, Prosser, WA 99350; 509/786-3600.*

Mission possible. Fireworks, bonfires, leather-clad soldiers on horseback, and a grand procession of kids and adults help tell the story of the founding of the mission San Xavier Del Bac. Ceremonies and traditions of the Tohono O'Odham and Yaqui Indian tribes also make up a major part of the San Xavier Pageant and Fiesta, April 24. The mission is one of several founded by Padre Eustebio Kino, who settled the northern Sonora area of Arizona in the late 1700s. Details: *Tucson Festival Society, 425 W. Paseo Redondo, Suite 2, Dept. BHG, Tucson, AZ 85701; 602/622-6911.*

Spring blooms. The Rogue Valley of southern Oregon, with nearly 10,000 acres of flowering pear trees, salutes its fruit-growing industry with the Pear Blossom Festival, April 3–12. More than two dozen events take place in three downtown parks and other locations around Medford. This year's theme, "500 Years of Discovery," puts the focus on Columbus for the annual parade and other activities. Players from Medford and the town's sister city, Alba, Italy, compete in a volleyball tournament, and children can enter a coloring contest. Entertainment includes an Up With People concert. *Dept. BHG, P.O. Box 335, Medford, OR 97501; 503/734-7327.*

continued on page J2

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continued from page J1

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—By Kathryn Black

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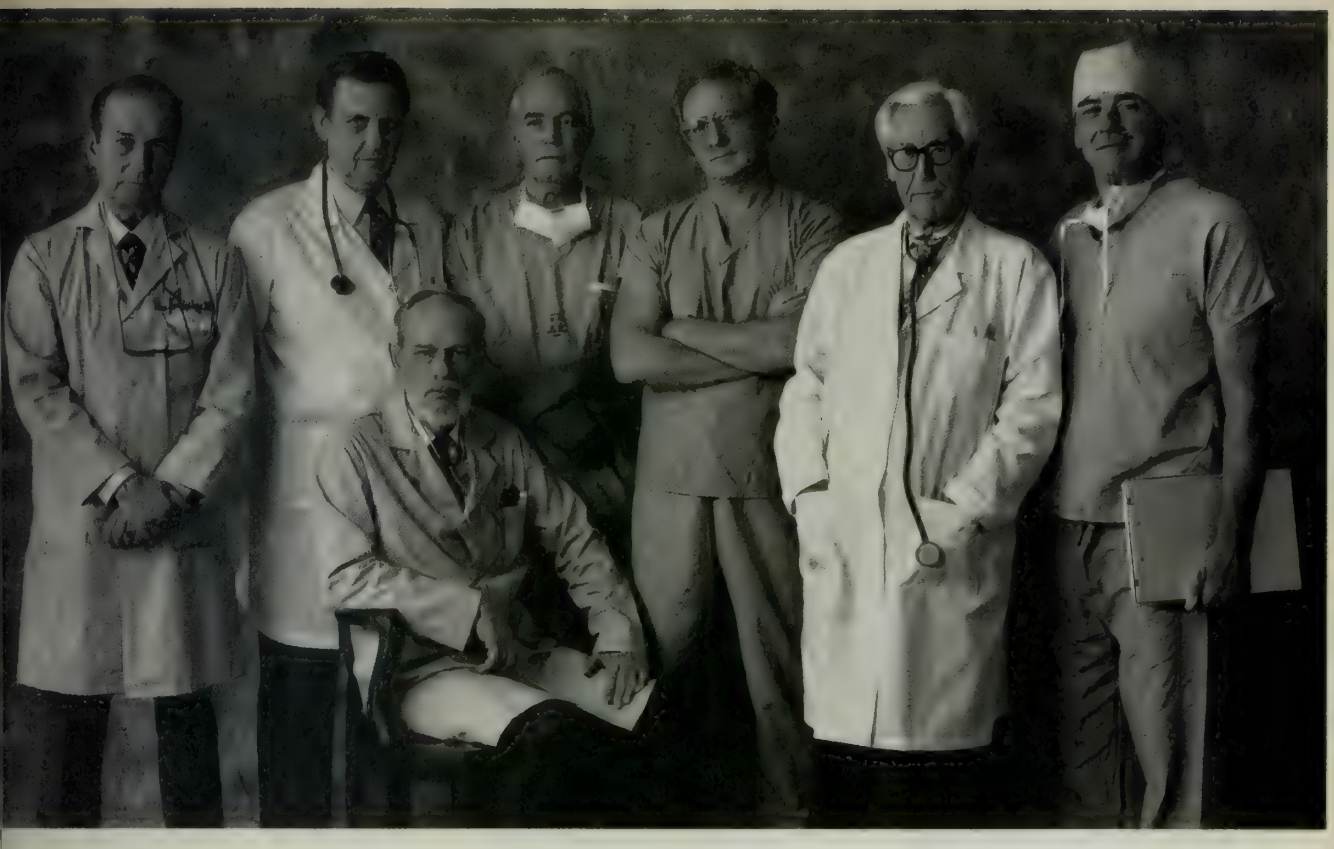
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WYOMING

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CITIES AND CELEBRATIONS

Wyoming's wild west flavor stems from its colorful history. America's first road west traveled across the state's broad plains and towering peaks. Starting in 1843 the Oregon Trail brought thousands of pioneers to the rich new lands of the far west. Only a few of these early settlers stayed on in Wyoming. Today, with roughly half a million inhabitants, it's America's least populated state. Capital city Cheyenne is home to only 50,000 people. Like so many Wyoming towns, Cheyenne does triple duty as a business and government center and vacation destination - especially for outdoor lovers. A short drive from town you'll find hunting, climbing, river rafting, fishing, waterskiing, hiking, and in winter, cross-country and downhill skiing.

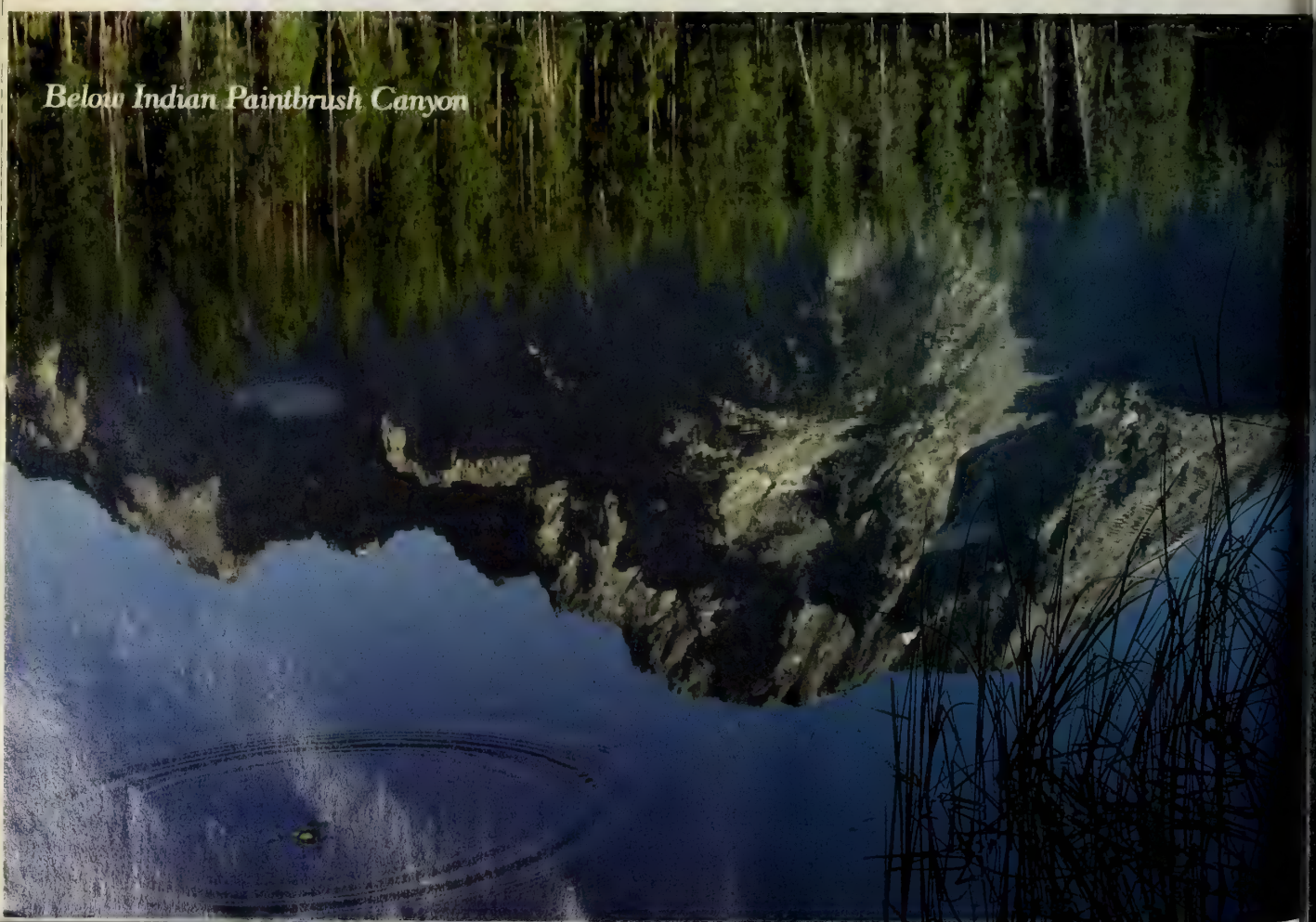
Within Cheyenne, museums of Indian culture, folklore, and western art pay homage to the city's strong frontier roots and traditions. And on July 17, those traditions really come alive during the 96th annual Cheyenne Frontier Days. It's one of North America's premiere western celebrations, on par with the Calgary Stampede in Canada. Look forward to 10 action-filled days of parades, foot-stompin' concerts, free pancake breakfasts, Indian dances, and a full-fledged carnival. The main event, of course, is rodeo, which draws over 1,000 cowboys and cowgirls who compete in daily events.

Right when the frontier celebration ends in Cheyenne it begins anew in Casper, located near the center of the state. The Central Wyoming Fair & Rodeo is a five-day event with a rodeo, carnival and chuck wagon races. Living history festivals and lectures happen all summer long at the Fort Caspar Museum and Historic Site. With an interpretive center and reconstructed frontier buildings, the museum commemorates an important fort and way station on the rugged Oregon Trail.

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One of Wyoming's best known vacation towns is also a fun-packed living history museum. Jackson Hole's streets are lined by boarded walkways.





Below Indian Paintbrush Canyon

Stagecoaches amble by, delighting youngsters, and each night a few local desperados air their grudges in a mock shootout downtown.

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Close to town, there's golf, lake sailing, climbing, and the area's most popular activity: visiting Grand Teton and Yellowstone national parks. Grand Teton lies right outside Jackson Hole, and Yellowstone is an easy hour's drive.

Everybody's a cowboy

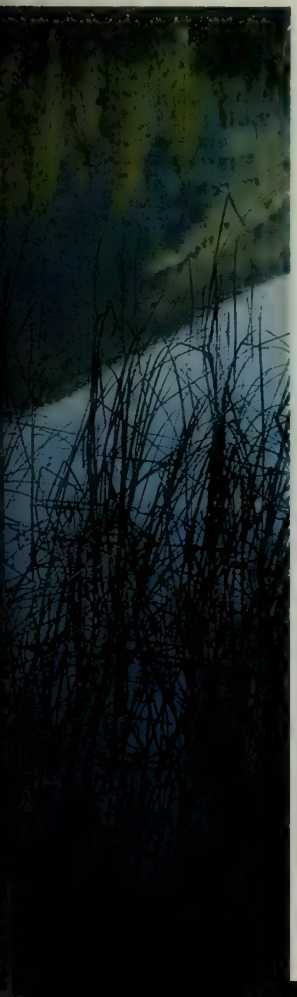
True to the state's bold frontier traditions, a Wyoming vacation is always much more than museums and spectator events. Plan on plenty of hands on, once-in-a-lifetime experiences, whether you're hiking a mountain trail, watching Old Faithful spout for the first time, hunting, or rafting down a wild river. And maybe the best way to experience Wyoming's

Continued on next page



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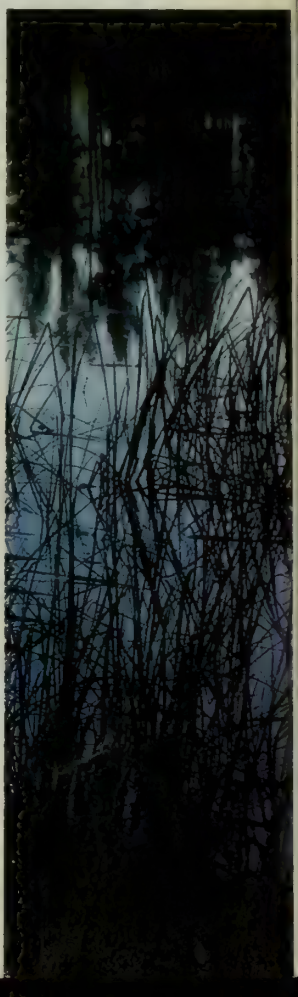
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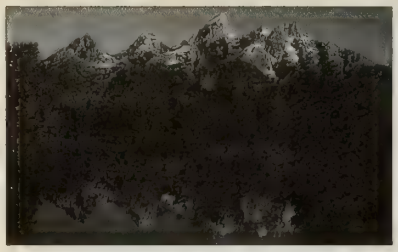
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WYOMING... Continued

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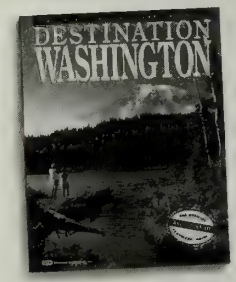
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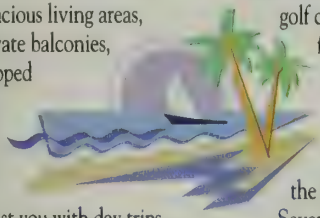
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Several resorts, such as the Aston Kauai Beach Villas on Kauai, have received the AAA's coveted three diamond award for service excellence. For more information or reservations, call Aston Hotels & Resorts' 24-hour toll-free number: (800) 922-7866 from the U.S. mainland. From Canada, call toll-free: (800) 445-6333. In Hawaii, call (800) 321-2558.

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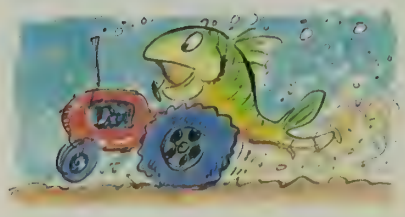
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Out on the farm

From catfish farms in southern states to salmon operations in Washington, Oregon, and Maine to rainbow trout farms in Idaho, you'll find fish farms coast to coast. Catfish, salmon, and trout lead the market by far, followed by hybrid striped bass, redfish, mussels, clams, oysters, crawfish, shrimp, sturgeon, and tilapia (a mild-flavored whitefish). Much of this seafood shows up in our restaurants and fish markets. Overseas fish farms also satisfy our demand for seafood. Farm-raised or cultured fish and seafood account for 12 to 15 percent of the market according to the National Fisheries Institute (NFI).

Good taste at a fair price

Generally, the fish that dine on a consistent farm diet taste milder than those that dine in the wild. Some say this is good; some say it's bad. While few pine for the strong flavor of catfish whose dinner plate is a muddy river bottom, some salmon purists prefer the more pronounced flavor of the wild variety.

The Fisheries Institute says consistent seafood production has caused prices to drop. This is particularly true for shrimp, which costs less today than it did five years ago. Some experts predict that shrimp will sell at chicken prices by the year 2000. However, prices of all farm-raised seafood will continue to fluctuate.

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PUSH FOR DOOR OPENER SAFETY

Your automatic garage door opening system may be a back saver, but if the opener was manufactured before 1982, it's missing an important safety feature: an automatic reverse mechanism. This system stops, then reverses, a closing garage door if the door hits an obstruction in its path—which could be you, your child, your car, or your pet. Consider replacing your opener with a current model that has an Underwriters Laboratories, Inc. listing—and follow these tips:

Test the automatic reverse mechanism once a month, closing the door on a small, sturdy object like a 2×4. The door should stop when it hits the object, then reverse within two seconds. If it doesn't, call a professional to adjust your door.

Consider an infrared beam accessory. This sensor system stops and reverses a closing garage door or prevents an open door from descending if something is in its path. Both Stanley Home Automation and The Genie Co. offer an infrared beam as an optional accessory for certain door opener models.

Do a monthly visual inspection of your garage door opening system. Check the door's springs, cables, rollers, and pulleys for signs of fraying or other wear. If you suspect a problem, follow the instructions to disconnect the opener, then call a professional to make repairs.

Have a professional adjust the door mechanism. The door springs, cables, cable drums, and mounting hardware are under extreme pressure and can cause serious injury if improperly released.

Keep children from toying with the automatic door opener and your car's portable transmitter. Discourage kids from playing near the door or running in or out of the garage when the door is moving.

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Nothing makes a hit like pizza, especially when it's our Quick California Pizza that gets you out of the kitchen and back with your family in less than fifteen minutes.



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S&W Quick California Pizza

1 can (14½ oz) S&W Premium Italian Style Stewed Tomatoes

1 Large Boboli® brand or other ready-made bread shell

1 Tbs olive oil

1 can (3 oz) sliced mushrooms (drained)

1 Tbs fresh parsley

⅓ cup Romano cheese, grated

Drain tomatoes and save juice. Add olive oil to reserved tomato juice and brush over the top of bread shell. Arrange tomatoes and mushrooms on top. Sprinkle with parsley and Romano cheese. Bake 10 minutes at 450°.

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need SEND NO MONEY NOW. I will be billed for this exquisite teapot in five ual monthly installments of $29.*, beginning prior to shipment. The specially signed and decorated porcelain warming stand will be sent to me at no addi-nal charge.

*Plus my state sales tax and a one-time charge of $3. shipping and handling.

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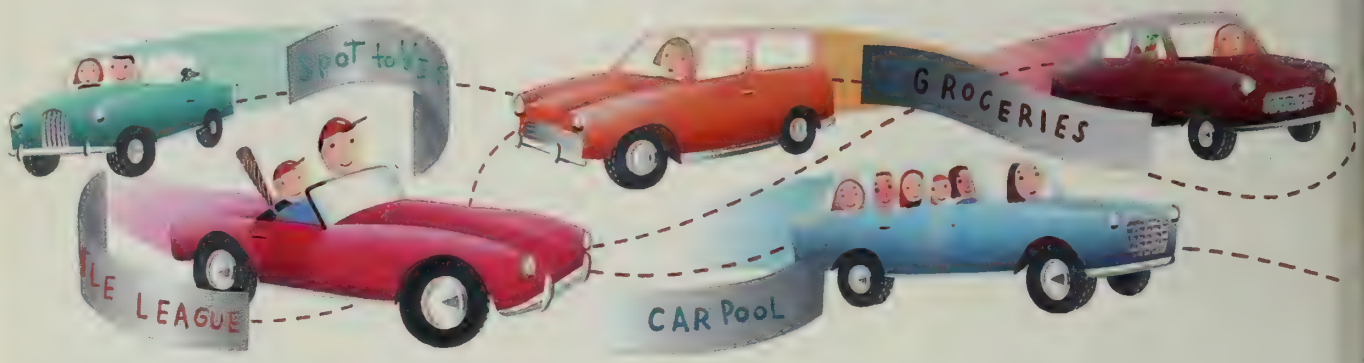
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SIX EARTH-DAY MONEY-SAVING PLANET-HELPING PROJECTS



Start a journey jar to cut down on driving.

Who says saving the environment costs money? Here are six projects that prove just the opposite. Celebrate this Earth Day, April 22, with any one of these ideas and you'll be helping the environment and pocketing a little spare change.

MAKE A JOURNEY JAR

If it seems as if you're driving a lot more these days, it's because you are. The average American drives twice as many miles today as 20 years ago.

A journey jar can help your family reduce needless driving. Have family members jot down their weekly trips on a slip of paper and store the paper in a jar or container. At the end of the week dump all these slips of paper from the "journey jar" on the table and consolidate all the separate trips into a few group efforts. By organizing a lot of different small errands into one big trip you can cut pollution and save time and money.

START A LIGHT BULB LOG

Lighting accounts for 20 percent of the electricity used in this country. Keep a log of which lights in the house get the most use and replace those with compact fluorescent bulbs that save energy.

Also consider a motion-detector switch for use on lights that get left on accidently. These devices cost about $10 to $15 and automatically turn off lights when a person leaves a room or hallway. Another tip: Use one high-wattage bulb rather than several low-wattage bulbs. A single 100-watt bulb uses the same energy as four 25-watt bulbs, but produces more light.

DO YOUR OWN DIRT

Composting food scraps can cut your household trash load by as much as 25 percent. Yard waste (leaves and grass clippings) makes up as much as 30 percent of some landfills.

Mixing food scraps and yard waste in a compost pile, however, provides you with a rich humus to use as fertilizer and mulch. Garden and hardware stores sell small composting bins, but you can build your own with chicken wire and lumber scraps.

Composting is practically foolproof. Just pile up the leaves, grass, and food scraps, but avoid meat or bones that might attract vermin. Keep the pile moist and turn over the compost twice a week or so. In six weeks you'll have great dirt!

FLIP ON A FLAPPER

The flush ball at the bottom of your toilet water tank may be leaking a small but steady stream of water—sometimes thousands of gallons a year. To stop these expensive leaks all you need to do is replace the flush ball with a flapper. These flexible rubber devices open and close the valve at the bottom of the tank like a flush ball, but they seal watertight. A flapper costs $2 to $3 and can be installed in most cases without tools. If you already have a flapper or a similar device in your tank, check it at least once a year to make sure it remains flexible.

GO WILD IN THE GRASS

An acre of lawn needs thousands of gallons of water every week in the summer months, and our yards receive the heaviest pesticide applications of any land area—three to 10 pounds per lawn per year.

By planting large wildflower and groundcover borders around your lawn you'll use less water and fewer fertilizers and pesticides. Maintenance-free wildflowers and groundcovers also free you from time-consuming mowing and weeding. With a smaller grass area, you may also be able to switch to a push mower and eliminate the noise and pollution created by gas-powered mowers.

INSTALL A SOLAR CLOTHES DRYER

In the old days it was called a clothesline, but dig around in the hardware store today and you should be able to find one. For less than $10 and a little extra effort you can hang laundry in the sun and get fresh-smelling, static-free clothes, cut down on energy-related pollution, and save on gas and electricity bills.

Oct. 14

Dear Downy-

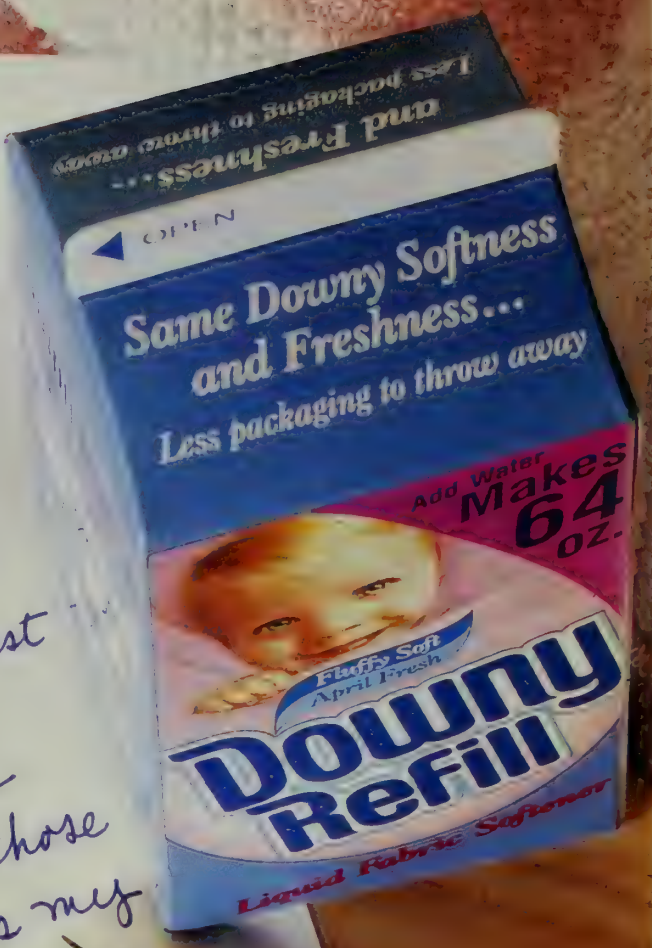
Thanks for creating the Downy Refill ☺
I have used Downy for its softness and smell for at least 20 years.
Now I find the refill an ecology boost - reusing those plastic bottles, and it makes my grocery load lighter. ☺

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P.S. The boys tell me "the girls" like the April Fresh smell of their shirts.



Penny Kovacs, Cranbury, N.J., with her sons Tim and Todd





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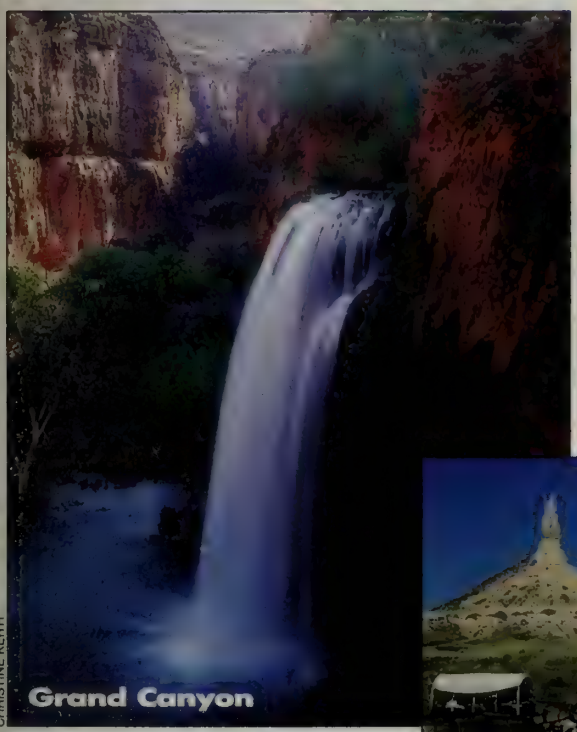
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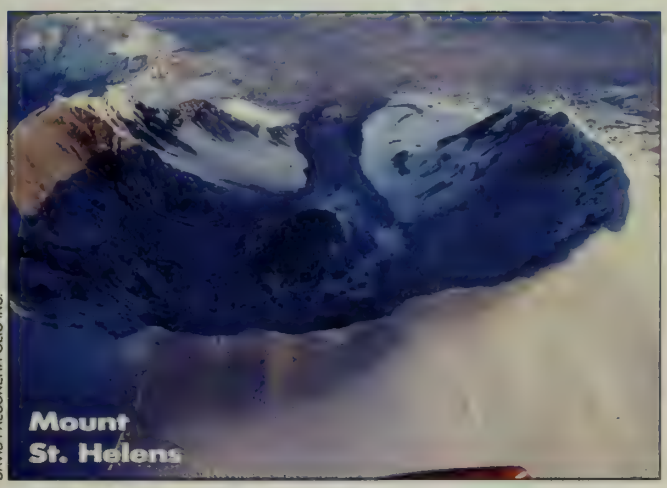
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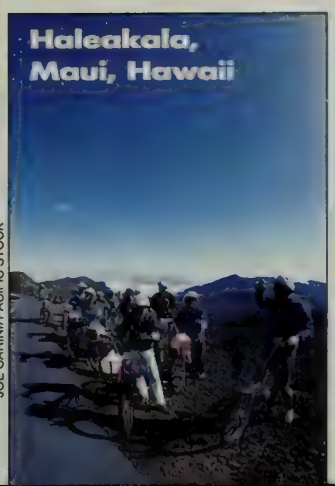
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Some fabulous vacation experiences are unique to our country. Nowhere else can you ride a mule back in time two billion years—to the floor of the Grand Canyon. Or, as at Mount St. Helens, witness the rebirth of a landscape from volcanic devastation. Come with us to explore wonders you'll find only in America.

continued on page 186

Only in America



PHOTOGRAPHS: SUPERSTOCK

Carved over the millennia by the Colorado River, the walls of the Grand Canyon gleam in wondrous hues. Colors often serve as clues to the age of the rock strata.

Grand Canyon, Arizona
ROCK OF AGES

It takes less than a day to ride a mule into the depths of the Grand Canyon, but in those hours you travel two billion years back in time. When you dismount, you stand on some of the world's oldest exposed rocks. Thrust up near the surface of earth, they were bared over the eons as the Colorado River carved its course ever more deeply into the vast plateau that stretches over northern Arizona.

Riding to the canyon's bottom from its lofty rim is not only a geological experience you can't duplicate in other parts of the world, it's also a unique adventure, one of beauty and of thrills.

Around you, the canyon walls rise in magical colorations, each stratum of rock revealing its own hues. Yet, seen up close, these cliffs are by no means barren. Seeds of piñon pine have rooted in clefts where they found moisture. Cacti cling to steeps. Wildflowers bloom on grassy promontories. Bighorn sheep graze the ramparts, perfectly at home.

THE RIDE OF YOUR LIFE

Cut into the precipice, the mule trail is sometimes barely wider than a diving board, with the canyon yawning hungrily below. You'll be clutching your saddle when you first dip into this abyss—nonchalantly, so that the other riders won't know that your heart (like theirs) is beating in your throat.

Actually, there's nothing to fear. The mules, sure of foot by nature and conditioned to be even more so, won't go over the side. They make this trip every day. You don't, however, so you are not permitted to dismount unless your guide gives the go-ahead. You just sway along on your live rocking chair. It won't take you long to become accustomed to being out there on the edge. You'll feel triumphant when you find that ease.

AN OASIS ON THE COLORADO

The trail descends 5,000 feet from Grand Canyon Village on the South Rim to the Colorado River, a distance of 9½ miles. There, in an oasis of cottonwood and redbud, you spend the night at one of the world's most unusual hostelries, the Phantom Ranch, before riding back up on a different trail the next day.

The Phantom Ranch, supplied by mules, has bunks for 92 guests—riders like yourself, hikers, and rafters who leave the river here after a roller-coaster ride on some of its wildest rapids. Surrounded by such interesting company, you dine on stew or steak, bed down in a dorm or cabin, and dive into a hearty breakfast before saddling up again—by now a familiar maneuver.

HOW AND HOW MUCH

The ride isn't overly strenuous, but you need to be in reasonably good physical condition to enjoy it: no problems with your back, knees, or heart. Kids must be 4 feet 7 inches tall to participate. Also, you can't suffer from a compulsive fear of heights or weigh more than 200 pounds.

About 10,000 people make the trip every year, mostly in the summer. The best times to take your family—and the easiest for which to get reservations—are during Christmas vacation (which is a glorious time, snowy on the rim and balmy down below) and during spring break. The cost, including one night's lodging at Phantom Ranch and all meals, is $488 for two; $214 each additional person. There are also day rides partway into the canyon; these run $85 per person, including a box lunch.

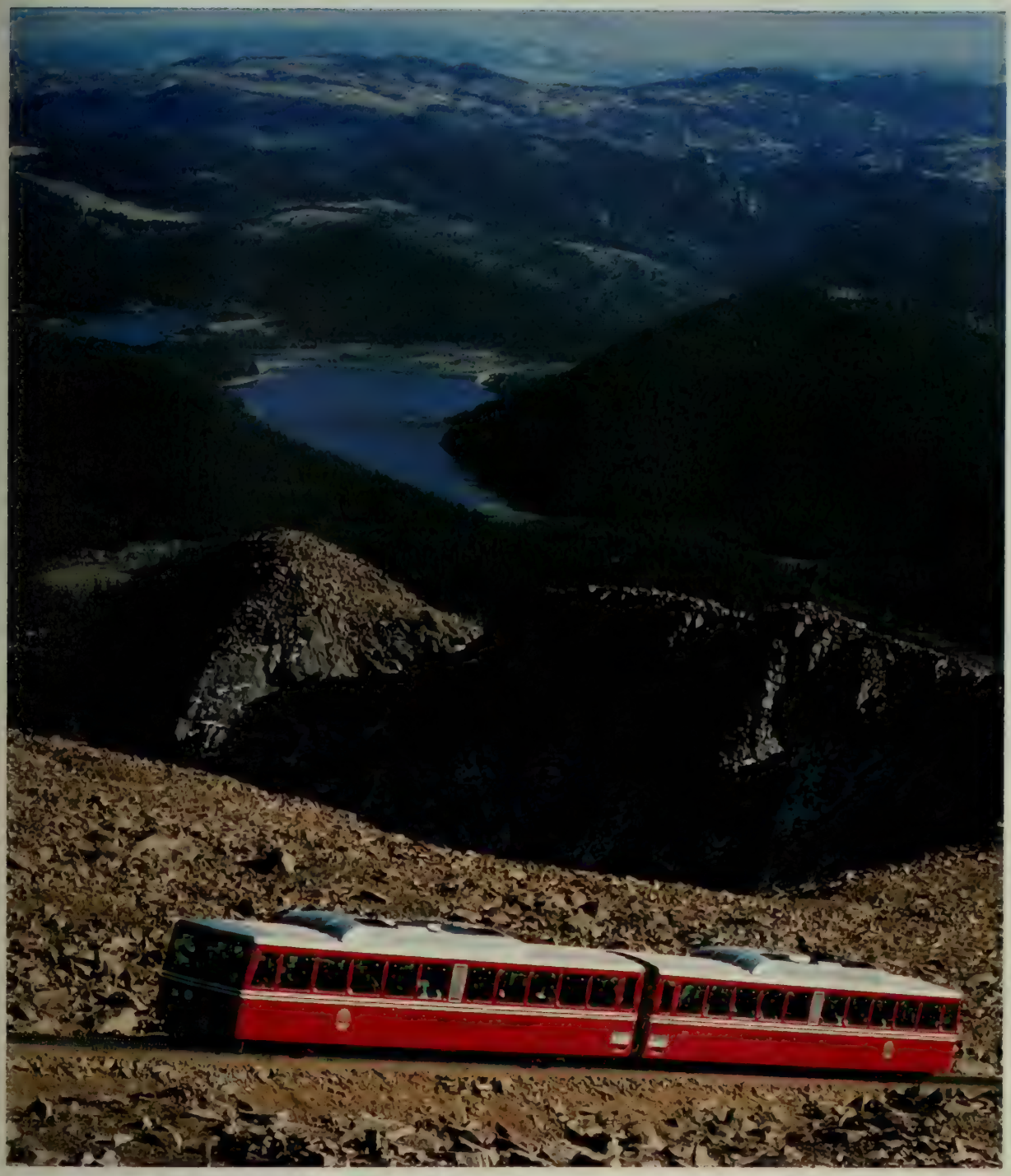
South Rim accommodations range from cozy cabins at Bright Angel Lodge, some with a canyon view (from $52 per night for two; each extra person, $7), to spacious rooms at the historical, stately El Tovar Hotel ($100–$150 for two; extra person, $11).

For more information, contact: *Grand Canyon National Park Lodges, P.O. Box 699, Grand Canyon, AR 86023; 602/638-2401.*

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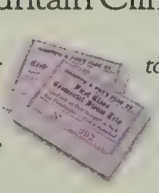


Mule riders travel through geological ages as they trek toward the canyon floor.



Take The Family Mountain Climbing This Summer.

Many Colorado visitors come equipped with their ropes and climbing gear. But if that's not quite your style, you could always hop on the Pikes Peak Cogway and ride



to the top. For adventures accessible to everyone, write Summer Vacation Kit, Box 38700, Dept. 796, Denver, CO 80238. Or call 1·800·265·6723, extension 796.

COLORADO

For A Free Vacation Kit, Call 1·800·COLORADO



PHOTOGRAPHS: PERRY STRUSE

Aboard the Oregon Trail Wagon Train, you relive the great migration of the pioneer families that won the West.

Western Nebraska
WAGONS, HO!

Trudging alongside their covered wagons, more than half a million men, women, and children followed the Oregon Trail across our land to pioneer the West. Never before and never since has any other route through wilderness witnessed such a mass migration.

You can relive this unique American adventure near Scottsbluff, Nebraska, where the West's first buttes loom from the heartland's plains. After weeks of travel from the Missouri River, emigrants rejoiced here because they had survived the prairies with their hostile Indians, grass fires, and tumultuous storms. The Rockies, the last obstacle before the promised lands, lay just ahead.

Gordon Howard, himself a scion of pioneer settlers, stages wagon-train tours, ranging from 24 hours to six days, on the old Oregon Trail. His trips are as nearly authentic as today's demands for a modicum of comforts (such as sleeping bags) will permit.

TREKKING PIONEER-STYLE

Gordon's wagons bump across grasslands where the trail's 150-year-old wheel ruts are etched in the earth to this day. You can often find beguiling relics of the pilgrimage—wagon parts, horseshoes and ox shoes, arrowheads, trading beads, and antique tools. Along the way, luckless pioneers lie buried, most of them in unmarked graves so that Sioux warriors would not ransack these final resting places.

You don't have to walk, as most emigrants did to ease the burden on their teams, and there's a potty wagon. But unlike the wagons used elsewhere on more touristy covered-wagon excursions, Gordon's meticulously home-crafted replicas of original prairie schooners don't roll on rubber tires. They rattle on wooden wheels across the open terrain as in the olden days. Saddle horses accompany the wagons, and you may take your turn riding.

With your seat somewhat tenderized either way, you arrive in midafternoon at a camping site such as the emigrants used, hidden between sheltering low ridges. The wagons are drawn into a circle, and small wall tents, modeled after the originals, are set up around the inner perimeter.

Because this is designed to be an educational experience, everybody joins in the chores. You help unhitch and feed the teams, make camp, build the fire, and fix supper.

There's pioneer stew (extra-thick beef stew with carrots and onions), hoe cake (fried cornmeal patties), sourdough bread baked in a Dutch

continued on page 190



A young pioneer gets set for target practice with a black-powder musket like those carried by the emigrants.



We think a lot of people will go ga ga over our new built-in child seats.

Dodge Caravan already offered a combination of available fety features no other minivan could match. And now, the first minivan introduces another first: the industry's only available built-in child seats.



Child seat closed.



Child seat opened.

Child shown in booster seat.

Designed for toddlers from 20 to 40 pounds, they're easily accessed. Their ve-point harnesses are simple to adjust. And one of the seats can en serve as a booster seat for an older child.

When they aren't in use, they disappear and ou've got a bench seat that comfortably commodates two adults.

So if you have little ones, talk baby talk with your Dodge dealer. He'll tell you all about our latest arrival…and show you why Dodge Caravan is America's favorite minivan.

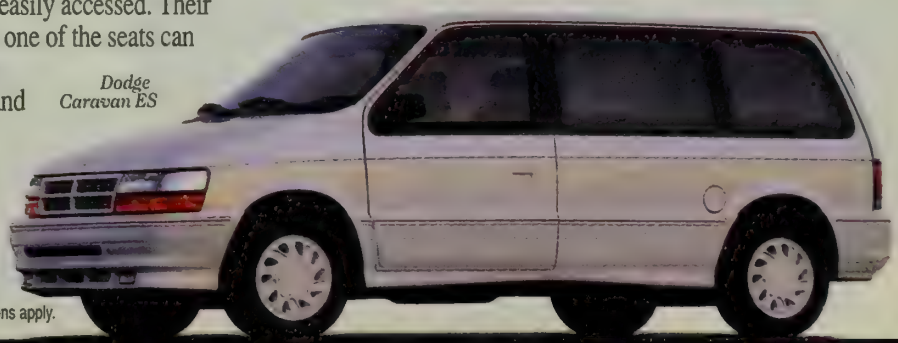
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oven (the dough is mixed with a starter and let rise), and vinegar pudding. Although it sounds dreadful, this dessert possesses a lemon or apple flavor, depending on how much sugar you add. Cookware and utensils are as realistic as the vittles: cast-iron pots and pans, and porcelain-covered plates of tin. After the meal, when you're snug by the fire, Gordon and his guides tell true stories of the Oregon Trail—the drawers in his house bulge with old diaries and letters.

Before you start out each morning, kids get a special kick out of reenacted historical scenes. When a Pony Express rider gallops in with mail, everybody gets a letter and can send one back to "civilization." Indians attack, then come to pow-wow and trade artifacts, and there's target practice with a black-powder musket.



PHOTOGRAPHS: PERRY STRUSE

In the early morning light, wagon-train riders wake up with freshly brewed cowboy coffee after camping on the trail.

BONNET TIME

To lend yet more atmosphere to the occasion, you are encouraged to dress in period costume—or a reasonable imitation. In fact, on the first afternoon of the adventure, women guests learn how to fashion bonnets for the wagon trip.

That whole first day is spent at Gordon's spread on the North Platte River, a few miles from the soaring monolith of Chimney Rock, one of the trail's major landmarks. After a bus tour to various historical sites, you pack your trail bags, help grease wagon wheels, pitch your tents on the property, and enjoy a steak cookout and square dancing.

WAGON-TRAIN PARTICULARS

Next morning, it's Wagons, Ho! for trips ranging from two to five overnights on the trail. They cost from $389 to $579 per person, including all meals, sleeping bags, and transportation to and from Scottsbluff's motels and airport, if required. Kids under 12 pay $330 to $484. With a mere six multinight tours scheduled from late June through September, and wagon space for only about 40 participants per trip, advance reservations are necessary.

Between these extended outings, however, there are daily 24-hour wagon trips with one overnight at the base of Chimney Rock, which you can book on short notice. These cost $150 for adults and $125 for children under 12. Normally two or three families participate.

Or you can join one of the chuckwagon cookouts held on Gordon's property nightly from early May through September. After a short wagon ride in historic trail ruts to the site of a former Pony Express station, you are served steak ($15.95) or cowboy stew ($11.95), and there's a campfire songfest.

To learn more about the wagon treks: *Oregon Trail Wagon Train, Rt. 2, Dept. BHG, Box 502, Bayard, NE 69334; 308/586-1850.*

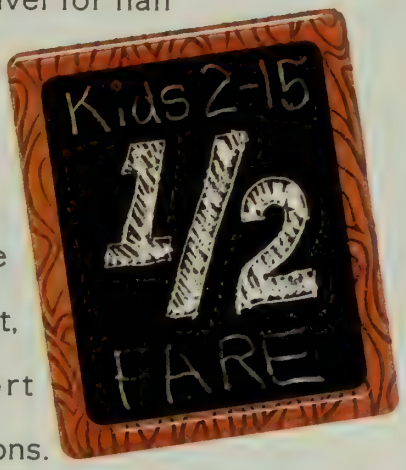
continued on page 192



Following coffee, it's time to pair up the horses for the next day's exciting trek.

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Mount St. Helens, Washington

BIRTH OF A LANDSCAPE



PHOTOGRAPHS: SUPERSTOCK

Before the eruption, St. Helens was as glorious a glacier peak as neighboring Mount Adams, seen here from the volcano's devastated domain.

Foreign visitors to our country know something that most Americans still have to learn: Mount St. Helens, in southwestern Washington, is one of the great natural wonders of the world. People come by the thousands from Europe and Asia to gasp at the unimaginable devastation wrought by St. Helens' eruption. But, more than that, they come to find inspiration in the brave beauty of resurgent life.

It was 12 years ago on May 18 that David Johnston of the U.S. Geological Survey, stationed at an observation post six miles from the rumbling mountain, radioed his ominous last words: "This is it." An instant later, David was dead, one of the 57 victims of the most violent volcanic explosion in this country's recorded history.

Today, newly paved roads wind through Mount St. Helens National Volcanic Monument—120,000 acres of vistas so awesome that visitors talk in a hush. The ruptured mountain, which lost a third of its height in the blink of an eye, looms as a grandiose "moonscape," mysterious and untouchable, periodically puffing vapors of the underworld. For miles around, on ridge after ridge where majestic Douglas firs once grew jungle-thick, millions of splintered trees lie helter-skelter like spilled toothpicks.

Amid this desolation, small critters like gophers, which survived the blast in their deep burrows, scurry through the tumbled forests. Delicate ribbons of greenery mark new wildlife trails, as migrating elk and deer stir up the volcanic ash, letting fresh shoots poke through to the surface. Woodpeckers peek from cavities in the dead trees. Blue lupine and purple penstemon polka-dot the ravaged earth.

A LIVING LABORATORY

There is no human interference as the new landscape thus takes form. You may witness the wonders of regeneration from roads and trails, but you may not meddle—not pluck a single bloom, feed wildlife, or pocket a clump of pumice.

A two-day loop tour of 320 miles from Portland, Oregon, takes you around the volcano. Stop first at the visitors center off Interstate-5, Exit 49, to see a slide show and movie of the eruption, and to pick up a map of the monument. Then head east on US-12 to Randle, St. Helens' northern gateway. You'll find motels en route at Morton.

From Randle, follow the U.S. Forest Service roads shown on the map. Be sure to drive all the way up Windy Ridge, which is the closest you can get to the volcano.

As you leave the National Volcanic Monument via its southern gateway, don't miss the relics of St. Helens' previous convulsion. One is Ape Cave, a 2½-mile lava tube, the longest in the continental U.S. (Lanterns for cave walks are available at the ranger post.) The other is the short, easy Trail of Two Forests, where you'll see lava casts of Douglas firs wiped out by the volcano 2,000 years ago, and, all around them, the magnificent trees of today's forest attesting to the healing power of the earth.

For volcano information, including tourist facilities in the area, contact *Mount St. Helens National Volcanic Monument, 42218 NE. Yale Bridge Rd., Dept. BHG, Amboy, WA 98601; 206/247-5473.*

continued on page 194



Shattered St. Helens looms over a wilderness of destruction, but new life is now rising from its ashes.

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Only in America


JOHN SCOWEN/FPG

Space-age sentinels loom over exhibit grounds at Spaceport USA.

Kennedy Space Center, Florida

SPACEPORT USA

A few other countries, like Russia, China, and France, also have spaceports, but they are off-limits to the public. Only in America may the folks who ultimately foot the bills take a close look at their space-age purchases.

It's science fiction come to life. Everything at the Kennedy Space Center is super-size, defying ordinary dimensions. Gargantuan gantries reach to the sky—you can't imagine how big they are just from watching TV. Immense rockets line the exhibition grounds. Most astounding, perhaps, because you rarely see them on the news, are the "crawler transporters" that move space vehicles to their launchpads on specially built roads. The crawlers' gigantic platforms, about half the size of a soccer field, rest on towering tractor-type tracks, whose cleats alone total nearly one million pounds in weight.

Galleries display every kind of space equipment, from space suits to command modules to communication satellites. A full-scale diorama re-creates the lunar landing site. Kids can climb on a replica of the vehicle our astronauts drove on the moon. The huge screen of an IMAX theater puts you on the shuttle as it orbits Earth.

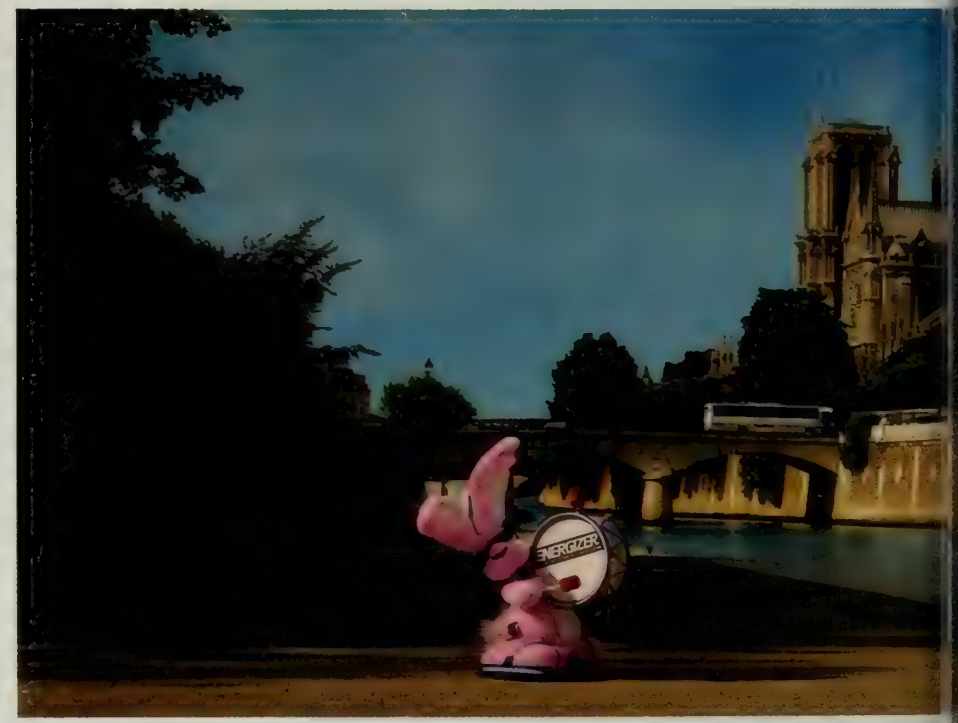
WHERE AND WHEN

Spaceport USA lies 75 minutes from Disney World near Cocoa Beach. Try to show up early: it opens at 9 a.m. daily. General admission is free. Extra charges—the IMAX movie and a two-hour bus ride through the whole vast installation—come to less than $40, even for a family of four.

The best times to visit are those couple of days before launches when the shuttle points skyward from its pad. During launches, Spaceport USA is closed (and doesn't reopen for about two hours after lift-off), but you can watch the spectacle from nearby beaches. For up-to-the-minute launch information, call *407/452-2121.*

Area motels average about $40 to $70 a night (higher at launch times). Nearby vacation attractions include beaches, wildlife refuges, and deep-sea and party-boat fishing.

Space Coast Tourism Office, 2725 St. John's, Dept. BHG, Melbourne, FL 32940; 800/USA-1969 or 407/633-2110.





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Maui, Hawaii

EARTH'S LONGEST DOWNHILL BIKE TOUR

There's nothing even remotely like it anywhere else. Starting from the rim of Haleakala's dormant crater, at an elevation of more than 10,000 feet, you zip back down to sea level—38 miles of no work and all play—plus vistas you won't believe.

Dawn is the choice time to go. The outfitter's van picks you up at your hotel at 3:30 a.m., and you arrive at the crater's top to see the sun lift from the sea, wrapping the world in the new day's magic glow. Then you climb on your bikes and start rolling toward the pink morning clouds that fluff at your feet. It's like dipping into cotton candy.

Oversize brakes keep the bikes under control. High handlebars make the trip easy on your spine; balloon tires save your bottom. You glide along at a modest speed in single file, one guide in front and another in the rear. They watch out for occasional traffic and signal halts when necessary. The curvy road is paved all the way, and you hardly ever have to pedal as you swing joyously downhill.

Still high on Haleakala's golden flank, you stop for breakfast at a restaurant with a panoramic view. The whole trip, door to door, takes about eight hours. You get back to your hotel around noon. For folks who insist on sleeping late, there are also daily tours that start in midmorning, as well as occasional afternoon trips.

Kids may participate from about age 10 up. They must be able to straddle the bar on a 26-inch men's cruiser bike, and mount and dismount with ease.



WILLIAM WATERFALL/PACIFIC STOCK

Maui spreads at your feet as you glide effortlessly down Haleakala's mammoth ramparts.

The adventure costs $99 per person, including hotel shuttle and one meal. Lunch is served on midmorning departures, and dinner on afternoon trips.

Cruiser Bob's, Dept. BHG, Box B, Paia, HI 96779; 800/654-7717 or 808/579-8444. Additional bike outfitters and other island details: *Maui Visitor Information, Dept. BHG, Box 330002, Kahului, HI 96733, 800/445-INFO.*



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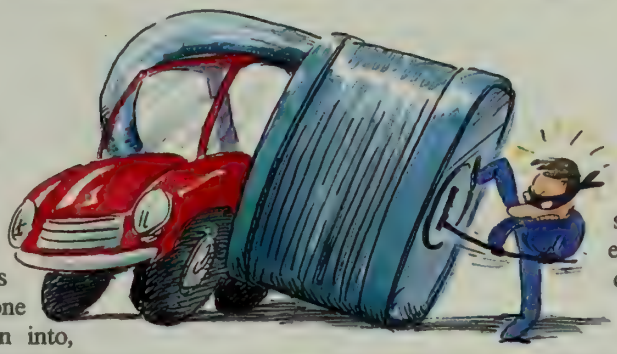


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HOW TO PROTECT YOUR CAR FROM THIEVES



Let's get the bad news out of the way first. If a professional thief is determined to steal your car, it will happen. That's all there is to it. With more than 1.5 million vehicles stolen in 1990, and better than one in 42 either stolen or broken into, there's a frightening chance that someone may try to break into or steal your car or truck.

Now for the good news. Some simple, easily taken steps may be all you'll need to frustrate a would-be thief. In fact, there's a good chance you can hamper a thief sufficiently to deter the snatching of your car. After all, few of us own a car so specific in make, model, and vintage that nothing else on the road will satisfy a felon.

Lock it when you leave it. Sounds basic, but about three-quarters of the cars stolen last year were left unlocked. Each time you leave your car, close all the windows and lock all the doors. Don't, under any circumstances, leave your keys in an untended car. That includes keeping a spare key hidden somewhere on the car. A determined thief is sure to get right at that key.

Park it where you're apt to find it. Leaving your car in the remote, empty corner of the shopping mall or commuter station parking lot may save the fenders from minor dings. But it also helps a would-be thief by providing the solitude and time—about 15 seconds!—needed to get into your car.

Always try to park in populated, well-lighted and well-traveled areas. When possible, park your car in a locked, patrolled, or otherwise secure garage or parking lot. And always lock your own garage.

When parking on the street, leave the front wheels pointing sharply toward the curb and the emergency brake set to discourage towing.

Don't broadcast your car's valuable contents. Though you may not be able to remove a cellular telephone's telltale antenna, you can certainly hide other valuables—radar detectors, tape cassettes—and packages. Stow your belongings in the locked trunk, glove compartment, or under the front seats. Most hatchbacks and station wagons have roll-up security covers for the cargo area; get in the habit of parking with the cover in place.

Arm your car for its own protection. You can aggressively protect your investment with a theft deterrent. Cars that have some sort of alarm or antitheft device are usually eligible for an insurance discount. Before investing in a sophisticated alarm, check with your insurance agent to know what's needed to qualify.

The cost of theft deterrents ranges from less than $25 to well over $1,000. The sophistication, though not necessarily the effectiveness, of the devices is pretty much coupled with their cost.

On the inexpensive and simple end of the scale are *ignition cut-outs,* which keep the engine from starting unless the device is deactivated. The best of these are combined with a *locking hood release* that keeps a thief from circumventing the device.

Also relatively easy to use, but somewhat clumsy to travel with, is a brightly colored, steel *steering-wheel lock.* One popular version hooks over the steering wheel and the brake pedal. Another type hooks only to the steering wheel, but protrudes so far into the car that the wheel can't be turned more than a little bit. There's even an electronic variation with a built-in alarm that sounds if the hook is tampered with, or if someone breaks into your car.

Install an alarm. Having someone break in to pillage your car is as much a concern as having someone drive away with the car altogether. Alarms are your best protection against break-ins.

The simplest of alarm systems requires that you set it—either via a special key switch or a coded key pad—each time you park. If someone tries to open a door, the hood, or trunk, or raises the car to tow it or steal its wheels, a siren sounds. In addition, sophisticated alarms use ultrasonic sensors to detect when someone enters the car, or in some cases approaches too close to it.

So-called *passive alarm systems* are preferable. Besides doing everything an active alarm can do, passive systems actually arm themselves when you turn off the ignition and lock the doors behind you. These systems shut themselves off when you unlock the door or turn on the ignition, using the proper key. They also can stop their blaring and rearm themselves after they have been tripped, saving your battery and everyone else's temper.

For the ultimate in convenience, all of the electronic wizardry of the alarm system can be coupled to your car's electronics. Units that feature key-ring-size remote controls allow you to arm or disarm the alarm system from a distance, as well as unlock the doors and trunk and even start the engine if you're in a hurry. What's more, if you think you have cause, these alarms allow you to sound their siren at will to scare away suspicious characters—or attract helpful ones. But if you drive and park with wariness, you shouldn't need that kind of help!

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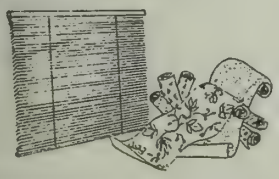
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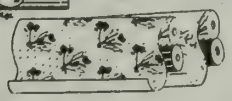
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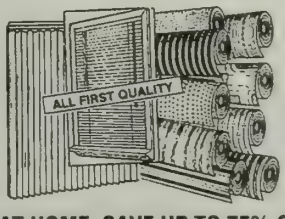
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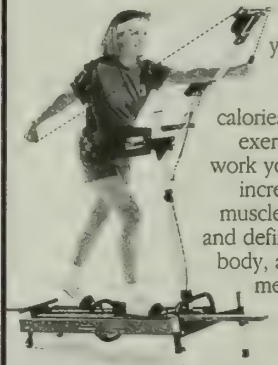
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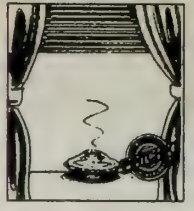
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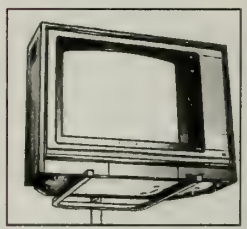
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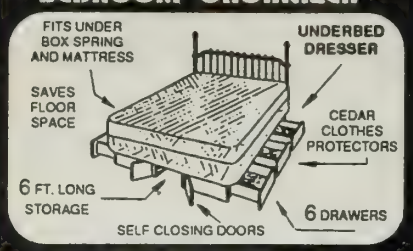








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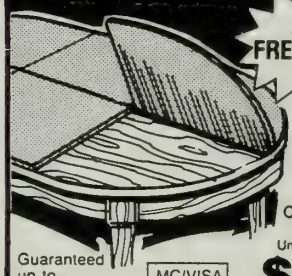


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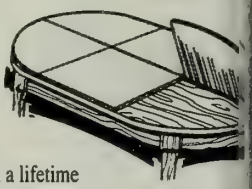
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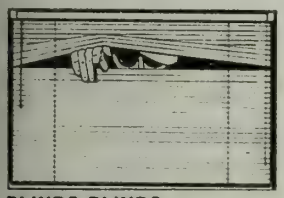
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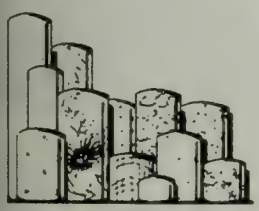
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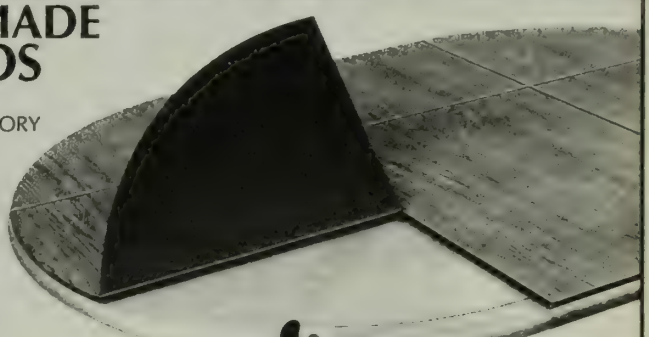
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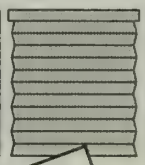
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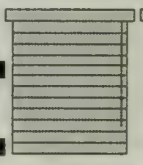


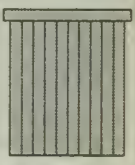
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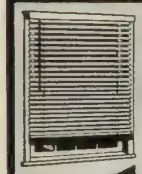


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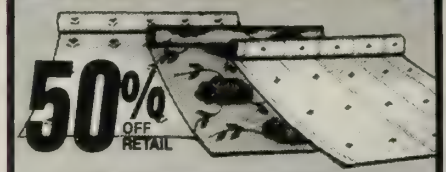
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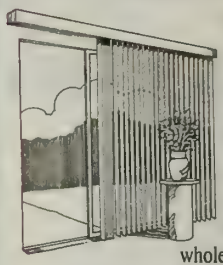
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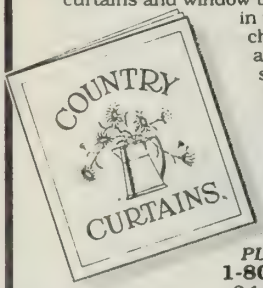
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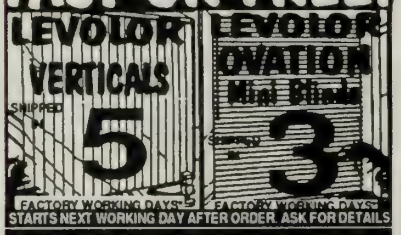


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APRIL 1992

■ Realizing that experience and longevity mean a lot in the business world, Burt, Jr., plans to advertise his part-time yard service as "Serving the Neighborhood Since March!"

■ Ned Carter speculates that one reason television comedy shows are experiencing a decline in viewers this season is that our City Council meetings are now televised on cable.

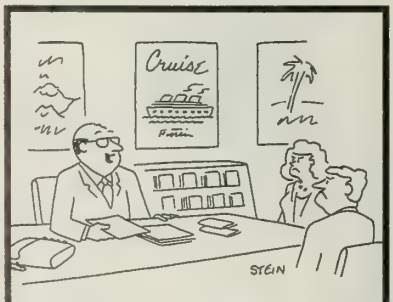
■ I never realized how far my fashion sense had fallen until I offered my old clothes to Judy for her costume party. She snorted, "Daddy, the theme is the Old West, not the Middle Ages!"

■ Rosemary writes from college that her bachelor's degree won't necessarily guarantee a job in today's economy, but at least it should help her stand out in the unemployment line.

■ Burt, Jr., can't decide which is the more reliable indicator of rainy weather this spring: The evening forecast on television or the home schedule for his high school baseball team.

■ Social studies teacher Maria Velasquez plans to put in for a sabbatical for one year—"or at least until the map of eastern Europe settles down."

■ Five-year-old Nicole Seely thinks her mother, Ann, is the best singer in the world. And Mom thinks that Nicole is the perfect child, except perhaps for her hearing.



"Ha, that's very funny. But seriously, how much money were you really planning to spend on this vacation?"



"Someday this will all be yours!"

■ After getting the children off to school with their calculators, tape recorders, and other electronic paraphernalia, Christine and I like to pause for a moment and give thanks that all we had to carry at that age were our lunch buckets.

■ Dot Dresch claims that the elevator at City Hall is inoperable so much of the time that they ought to replace the "Out of Order" sign with one that simply announces when the thing is working.

■ Lee Bayless, who once wrote lots of business letters but gave them up in favor of telephone calls and then computer linkups, is now back to writing letters so that he has something to send on his fax machine.

■ One good thing about developing a commonsense attitude, declares Uncle Dodd Buckner, is that the supply will never exceed the demand.

■ Frequent flier Sean Flynn claims he can't understand why the airlines enforce a strict limit on passenger capacity, but the buses and trains always have room for at least one more.

Last April 16th, Chris and I vowed to change our ways. No more scattering of tax records to every corner of the house. Instead, we'd stash everything into one neatly organized drawer. We kept our promise religiously, for a couple of weeks anyway, and semireligiously for the rest of the year.

The result, come 1992, is that we were able to do our taxes without too much confusion. We were even able to savor a few pleasant reminders of the past year.

For instance, there was Chris' big real estate sale last spring, the final payment to Judy's orthodontist, and the savings plan we started for Burt, Jr.'s future college costs.

Another plus: By filing early, we'll have our refund in time to pay for our annual late-late-winter ski weekend. That alone makes a year of detail watching worthwhile—especially since I'll be able to brag about my tax skills, if not my skiing ability!

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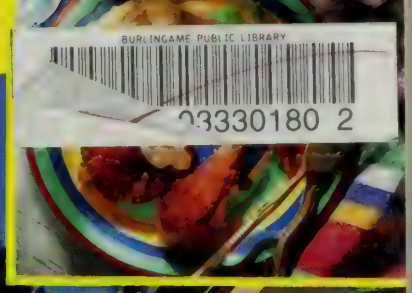
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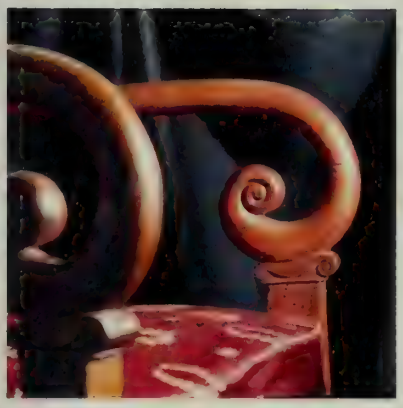
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WHERE'S BREAKFAST?"

BY JANET MCBARRON, M.D.



Chopper

Hello. My name is Janet McBarron. I'm a physician practicing in Columbus, Georgia.

For years, my friend "Chopper" (pictured right) and I shared a common problem. You can probably guess what it was. We were both fat. Not just overweight. Fat. I was 5'10" and weighed 204.

I was often teased about my weight, especially while I was attending college.

One Friday night, for example, several girls who lived in the same dorm called a local pizza shop. They ordered seventeen pizzas — all to be delivered in *my name*. About 30 minutes later, one of them called me and said, "There's a guy at the front door to see you." I rushed downstairs. I could hear them giggling from behind the stairs. When I opened the door, there was a delivery boy with seventeen pizzas stacked in his arms. I paid him with the money I'd been saving for a new dress.

During the next four years I tried eight different diets. And I failed at all of them.

But, during my second year in medical school, I was invited to take part in a unique new weight-loss program.

This wasn't a "diet." It was entirely different. It had been developed by a team of bariatric physicians — specialists who treat the severely obese.

I began the program on February 4th. For the first two days nothing happened. But on the third day my weight began dropping. Rapidly. Within the next 180 days I lost 57 pounds. And during the next three and a half weeks I lost an additional 13 pounds. This may not seem like a lot. But this was the first time in my life I had consistently lost weight. And kept it off.

The program worked for one simple reason.

I was allowed to eat.

I could eat six times every day. I could have 3 regular meals. Plus a morning snack. An afternoon snack. Even a snack at night. There was so much food on the program, I could hardly eat it all.

How can you eat so much food and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combinations* of foods you eat in each 24-hour cycle. Specific portions of complex carbohydrates, fiber and proteins that generate a negative caloric process that continues all day long. A complete 24-hour fat burning cycle. Metabolism is evened out so fat is burned away around the clock.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks.

There are other benefits too ...

- There are no amphetamines. No harmful drugs of any kind.
- There are no powders. No chalky-tasting drinks to mix. No artificial foods of any kind.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- You eat foods you enjoy. Great variety. Great taste.
- You can dine out.
- There's much less fluid retention.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you'll *keep it off*. Permanently!

Because the Columbus Program lets you *continue your normal eating lifestyle*. You can snack in the afternoon. Snack before dinner. You can even snack at night while you're watching T.V.

Here are some *actual* comments from people who participated in the program ...

• Marlene O. is a legal secretary. She lost 22.7 pounds in just eight weeks.

"My boyfriend used to call me "jelly oaf". Now he gets jealous when we go ou and other guys look at me twice. Plus I fee terrific. I've got more energy than I eve had before."

• Barbara T. is a 24-year-old home maker. She lost 36.4 pounds in 1 weeks.

"I used to go all day without eating Then later, when I came home, I'd bing until bedtime. Not any more. I'm eatin regular meals throughout the whole day And I've lost over 30 pounds!"

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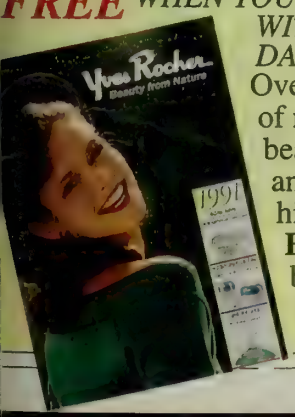


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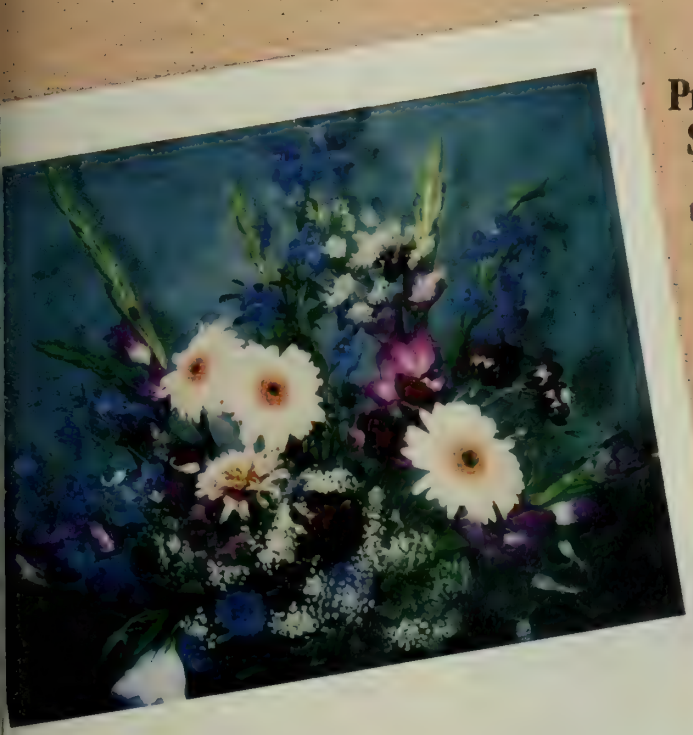
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Three out of four women will get a feminine yeast infection in their life. So there's hardly a woman who isn't familiar with the suffering it can cause. But what can add to the suffering — especially for women with recurrent yeast infections — is that it's hard to pinpoint why you get one.

What is known about yeast infections is that they're caused by an overgrowth of the microorganisms (fungi) that are naturally occurring in the vagina. These can overgrow for a variety of reasons.

IS IT ME OR WHAT?

Your vagina normally has a pH between 4.0 and 5.0, which is slightly acidic. If the pH level rises so that it's less acidic and more alkaline, it allows fungi to multiply too quickly, which results in a yeast infection.

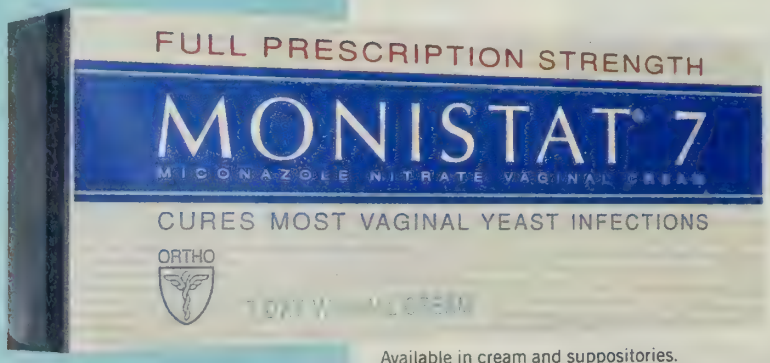
It's believed that one culprit that often disrupts the natural acidity in your vagina is a hormone change. Pregnancy and oral contraceptives can both change hormone levels. Just why these changes affect some women and not others still baffles doctors.

NOW WHAT'S THE NEXT STEP?

If you think you have a yeast infection and it's your first time, see your doctor. If you've had one before, chances are you will recognize your symptoms again. Either way, you'll probably need an antifungal cream or suppositories to cure it.

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EDITOR'S LETTER

MAY 1992



DAVID JORDAN

Katydid—one of the delights of spring.

DON'T BE TOO QUICK TO SWAT OR SQUISH

Dear Readers,

Several years ago I became a member of the Xerces Society. Before you begin to think that I've joined some strange cult, let me explain that the Xerces Society is innocently dedicated to the preservation of invertebrate species (bugs, butterflies, and the like). The Society is named in memory of the Xerces butterfly, driven to extinction because of habitat destruction.

Innocent though the Xerces Society may be, you might wonder why, when I read of it, I instantly whipped out my checkbook and joined. The reason is that I'm absolutely enchanted by insects. The greatest delight of spring for me is not the blooming of the tulips and lilacs, but the return of those tiny, fascinating creatures that inhabit the world just outside my door.

I realize that most people, at best, think of bugs only as irritating pests. I just wish I could spend a few quiet minutes with each of you in my garden to introduce you to the magic miniature world that I visit every day during warm weather. I think you'd come away with a renewed respect for nature and a resolve not to be so quick to swat or squish next time.

While I can't lead each of you into my garden, I can recommend one of our gardening articles this month, "Welcome Wildlife," beginning on *page 69*. Pat Bowman has created a dream garden to welcome *all* wildlife, including bugs, frogs, turtles, and whatever else wants to live there. This is a woman after my own heart!

When Doug Jimerson, our garden editor, first showed me the beautiful photos of Pat's garden, I immediately thought of the new Xerces Society book, *Butterfly Gardening*. While our article gives you lots of good information on welcoming wildlife to your yard, *Butterfly Gardening* is the most comprehensive book I have ever seen on the subject, as well as a delight to read. At the end of Doug's article, you'll see a short review of the book and how to send for it. I add my recommendation, both because I think you'll love the book and because the proceeds go to help a good cause.

The Xerces folks sponsor a number of worthwhile projects to aid my buggy friends, including a nationwide July 4th butterfly count every year and fund-raising projects to protect natural habitats as far away as Madagascar. They also publish a delightful little magazine, *Wings,* full of essays and interesting photos. If you'd like to join the Xerces Society, send a check for the $25 annual dues along with your name and address to:

The Xerces Society
10 Southwest Ash Street
Portland, OR 97204

And think about planting some bee balm or a couple of phlox plants this year. Who knows what beauty might come fluttering into your life.

David Jordan

David Jordan, Editor in Chief

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READER LETTERS

SEAT BELT STRUGGLE

Family Network *received well over 200 responses to Teri Judge's February letter about "doing battle daily" with her son about wearing his seat belt. The following three letters are most representative of what readers suggested:*

One absolute that often works wonders is to consistently require everyone in the car to buckle up. That can be followed by the comment, "This car doesn't move until everyone is buckled up." And mean it!

Margaret Herzog, Coordinator
Seat Belt Encouragement Program
Southeastern District
Health Department
Pocatello, Idaho

Ohio has a safety belt program for third graders. After watching a video that demonstrates what can happen if you don't wear your belt, we swear participants in as "Safety Belt Deputies." They repeat an oath and are given a badge that obligates them to encourage everyone to buckle up.

Deputy Barb Behout
Newark, Ohio

I suggest Teri Judge read John Rosemond's parenting article in the January, 1992 issue of *Better Homes and Gardens* (see page 34). The article details three basic and effective means of communicating proper discipline to your children—be clear, be concise, and be commanding. Anytime a parent does either verbal or physical "battle" with a child, the child wins. The battle itself proves the child, not the parent, has control.

Betty Budlong
Mill City, Ore.

ROUGH PLAY RESPONSE

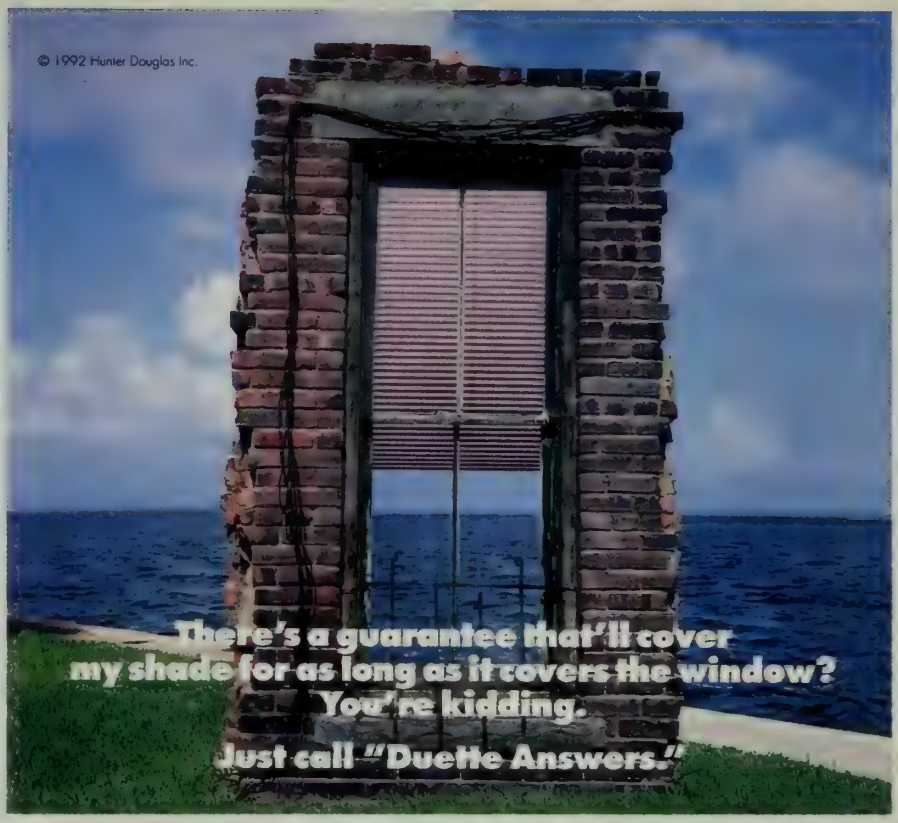
Family Network *also received dozens of responses to Julie Fisher's February letter about her son's playmates playing too rough and calling him names. Here's what one reader wrote:*

As an elementary school teacher and mother, I've found that the more I try to settle kids' disputes, the worse it gets. Now, I listen sympathetically to my child then I encourage *her* to come up with her own solutions—such as picking only one friend to come and play in the backyard.

Cynthia Lund
Valley Center, Calif.

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.



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BY STEVEN GREENHUT

FABULOUS Facelift



How to use low-cost landscaping to turn a simple front-entry fix-up into something spectacular.

FABULOUS FACELIFT

Sitting on a long, narrow lot on a busy Portland, Oregon, street, Julia Lundy's 19th-century home has been transformed. Her run-down cottage became a quaint and stylish oasis without expensive architectural changes. The once noisy yard now seems worlds away from the hustle and bustle that's just beyond the property line.

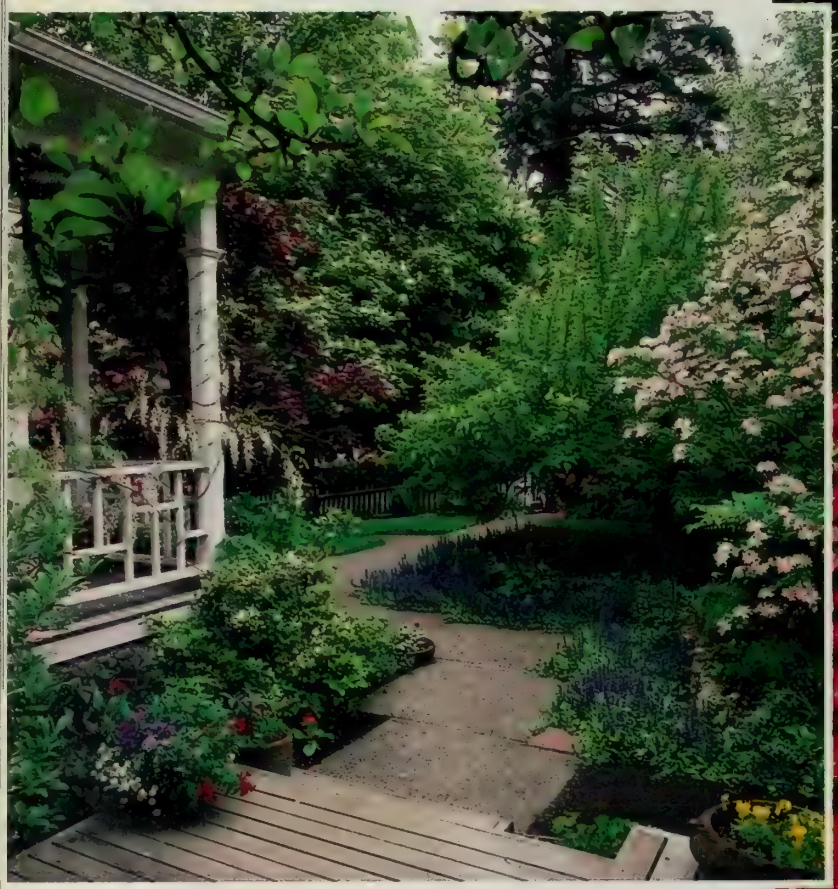
The elements of this startling makeover were surprisingly simple. Julia moved the entry door from the front to the side, reconstructed the dilapidated wraparound porch, added a new walkway and small cedar deck, and painted the home. She also regraded the sloping lot, and added shrubs and flowers around the property to create a private setting.

Julia's first step was to reorient the house away from the busy street by removing the front door and converting the old side door into the main entry. New front windows that replace the old door "make the exterior more attractive than ever," Julia says.



▶ A new aggregate path leads past these Kurume azaleas to the side of the house where the entry has been relocated.

▼ A dramatically shaped walkway creates style and privacy, even when the azaleas, wisteria blossoms, and ajuga are no longer in bloom.





HOUSE AND GROUNDS TIPS

- Consider the graphics of the yard—a meandering walkway can have great appeal, even in winter when nothing is in bloom.
- Plant lush shrubs around your home's foundation to anchor the structure to the yard.
- Paint your home with colors that blend into the natural landscape.
- Construct a deck that helps bridge the home and yard.



HOUSE AND GROUNDS TIPS

- Regrade a severely sloping lot so your home looks more secure in its surroundings.
- Create a welcoming appearance for visitors with a handsome walkway lined with flowers and shrubs.
- Work around existing plantings to provide a mature, settled look for your landscape.
- Place flowerpots on the porch to help link the house with the gardens.

FABULOUS FACELIFT



▲ Pots of annuals flourishing on the porch help blend the home with its gardens. A red-leafed Japanese maple offers privacy.

◀ The rebuilt front porch steps out to a sunny cedar deck. Vine maples, star magnolias, and oriental poppies flank the stairs.

Next, she replaced the old concrete path that went straight from the street to the front door. A new aggregate path system sweeps around the side of the house to a small cedar deck by the new entry.

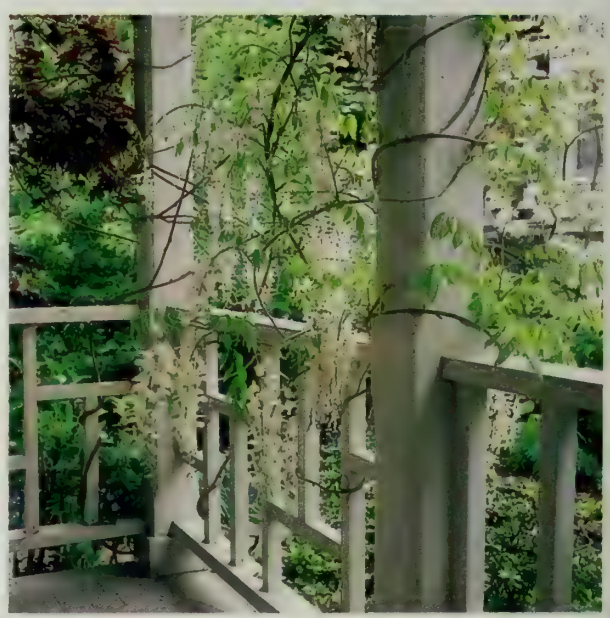
The ajuga-rimmed walkway offers a colorful and soothing stroll to the door. A semi-dwarf apple tree shades the deck and frames the entry area to help provide a haven immediately outside the house. Julia designed the deck by the entry for relaxing or entertaining because of its private, sunny location. By acting as a natural extension of the porch, the deck helps unify the home and its gardens.

When rebuilding the original porch, the old posts and roof were salvaged, but all the decking and rails had to be replaced. Julia replicated the original rail design and even matched the beveled treatment on the posts. The railing pattern is echoed in the sidewalk—an inexpensive detail.



▲ An old pear tree's arching branches shade the steps up to the porch and entry door.

▼ Entwined with wisteria's trailing white blossoms, the porch railing offers a romantically framed view of the garden.



FABULOUS FACELIFT

With a lush mixture of azaleas, rhododendrons, and blue-blossomed ajuga planted at its base, the rebuilt porch looks and functions like a gazebo or garden pavilion. To add to this effect, a red leaf Japanese maple shades the porch corner, and viburnum and hydrangea, along with a rich green lawn, surround the house.

Painted cedar steps and decking lead to the home's original solid-wood and beveled-glass entry door, now painted an inviting teal color. Crisp white door trim matches the new rail, while the home's old cedar lap siding is painted a pale green to blend with the landscape.

Julia focused her landscaping approach on year-round planning. In spring, the colorful azaleas and wisteria blossoms are a stunning eye-catcher. In summer and fall, the lush greenery and mature trees grab your attention. Yet the shapely design of the front yard's gardens and walkway "holds things together," Julia says, "especially in winter when there's not much going on in the landscape."

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FUSSY EATERS
What to do when your kids won't eat



STEVE BJÖRKMAN

Some children seem to turn their noses up at almost everything, not just lima beans and turnip greens. No matter what the meal, a hearty, "Come on, it's good for ya!" from Mom or Dad just doesn't seem to cut it. Here are some easy-to-swallow mealtime strategies to help turn your finicky kids around.

Green eggs and ham. When our children were young, my wife Willie and I, like most new parents, probably disagreed more than we agreed about what was best for our kids. Yet there was one area in which we were unanimous: Neither of us wanted our children to become picky eaters. Our first test came when daughter Amy was four and suddenly decided she no longer wanted to eat green things. She didn't even want them on her plate. Carrots were OK. Broccoli or green beans, forget it.

How this peculiar fetish concerning green food developed is anyone's guess. Nonetheless, the first thing we did was make a rule: The same foods will be on everyone's plate. No one in the family will eat from a special menu. We then told Amy she didn't *ever* have to eat a green thing. We made no attempt to persuade, force, or frighten her with stories of children who, because they wouldn't eat green food, turned yellow and lost their hair.

"But," we said, "you must eat everything on the first plate we give you before we'll give you a second helping of anything."

From then on, we put only small portions on her plate—including something green. This virtually guaranteed that after she finished eating those foods she liked the best—roast beef and mashed potatoes, for example—she'd still be hungry. At that point, she had a choice: Did she want to go hungry, or did she want to eat her green food and receive a second helping of the beef and potatoes?

At first, Amy refused to eat the green things, whatever they were. We let her leave the table whenever she chose, but covered any food remaining on her plate with plastic wrap. If, later that evening, Amy said she was hungry and wanted something to eat, we simply pointed to her covered dinner plate and said, "We'll be glad to warm the rest of your dinner for you. When you've eaten the rest of what's on your plate, you may have just about any snack you want."

She struggled with her predicament for several weeks before she began eating her green things at first sitting—grudgingly, yes, but without protest. Ten years later, she was asking us to take her to sushi bars for raw tuna wrapped in seaweed. Today, Eric and Amy are 23 and 20, respectively. Like anyone else, they have their definite preferences, but will try just about anything once, if not twice.

Bite your tongue. If one of your kids is a picky eater, it's not too late to turn things around. But, first, you have to abandon these worn-out mealtime strategies:

- Don't talk about what a great experience it is to taste a particular food as you fork it into your mouth. It's true that children learn by example, but in this case, your child will simply learn not to believe *anything* you say.
- Don't make up horror stories about malnutrition, rickets, and other dire consequences of not eating a certain food. Your child will not only continue refusing to eat the food, but may also start having nightmares, thus waking you up at night.
- Don't force your child to sit at the table until his or her plate is clean. This only creates a power struggle you can't win. Getting into power struggles with kids indicates you really are not confident of your power. A child who senses this will *never* give up.
- Don't moralize about children starving in other parts of the world. Preteen children simply cannot grasp the meaning of such statements. They're likely to conclude, as I did when I was a child, that the logical thing to do is box up uneaten food and send it to the disadvantaged kids.



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*

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THE NEW REPORT CARDS
Portfolios are changing the way kids get graded



STEVE BJÖRKMAN

Straight A's on your child's report card may bust your buttons, but some experts argue that letter grades and standardized test scores tell a sketchy story about how well our kids are doing at school. That's why more and more schools are turning to portfolios—samples of actual school work—to help evaluate student progress. Here's how portfolios are being used today, and what they could mean for your kids.

AN OLD IDEA REVISITED

Portfolios are collections of a student's work. They can be as basic as a manila folder stuffed with papers, or as fancy as polished stories carefully laid out in a notebook. Some portfolios are even kept on computer disks.

In the workplace, portfolios have been used for years. Graphic artists and writers, for example, take them on job interviews to showcase samples of their best work.

Elementary, middle, and high school teachers are now discovering that portfolios have similar value in the classroom. By asking students to collect samples of their work over an entire school year, teachers hope to better track each child's strengths and weaknesses. Today, portfolios are most often used in language arts classes. Yet portfolios are slowly finding a place with math and science teachers.

What goes into a student portfolio varies by school, teacher, and student. Some portfolios offer little more than writing samples, while others might include such things as reading logs, projects, journal entries, and self-evaluation comments.

START A HOME PROGRAM

For many parents, a portfolio program in the local schools could be years away. But that doesn't mean you can't create an at-home portfolio, says Winfield Cooper, editor of Portfolio News, a quarterly newsletter on the subject.

"Collecting a child's work is a natural thing for parents to do," he says. "Just look at what gets taped to refrigerators." To start organizing a more authentic portfolio, Cooper suggests the following:

- **Buy a plain manila or accordion folder to hold your child's work.**
- **Ask your child what he or she is really proud of, then put that material in the folder. It might be a school paper, a letter to Grandma, a poem, even a video tape.**
- **Ask your child to comment on specific improvements between earlier and later work. "Doing so helps kids become conscious of the criteria for good work," he says.**
- **Encourage your child to write a few sentences about each piece in his or her portfolio. Younger kids can dictate their comments to you.**

WHY SWITCH NOW?

Think back to your school days, and it's painfully easy to remember standardized achievement tests, with their computerized answer sheets and dizzying number of multiple-choice questions. Today, critics are scrutinizing those same tests, saying they don't accurately assess how well kids are learning at school. As a result, new tests that include more subjective measures, such as essays and writing samples, are already in the works.

The shift away from old-style objective evaluations has given the use of student portfolios a shot in the arm.

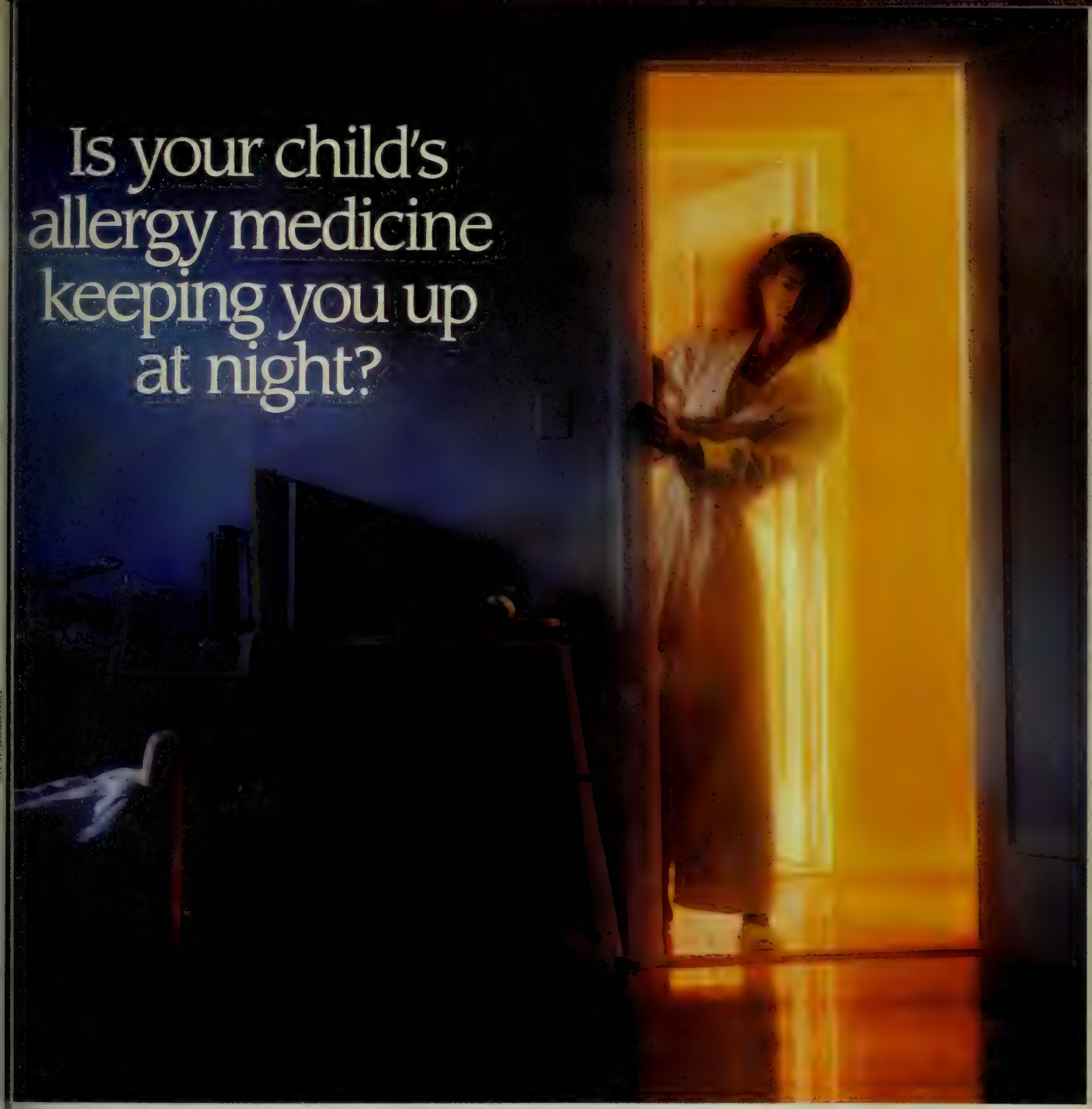
"I think people are pretty fed up with standardized objective tests," says Robert J. Tierney, professor of literacy at Ohio State University and coauthor of the book, *Portfolio Assessment in the Reading-Writing Classroom.* "These tests haven't changed significantly in 30 years. They no longer represent what's happening in the classroom—or what teachers and society value."

Portfolios, on the other hand, turn the assessment process into a partnership involving students, teachers, and parents, says Tierney. "It provides a vehicle by which assessment can become dynamic, personable, and empowering." Often, a student's portfolio is the focal point of a student-teacher conference or a parent-teacher-student conference.

"All of a sudden students have a chance to look back on what they've done—to reflect upon it and use it to

continued on page 36

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THE NEW REPORT CARDS

continued from page 34

help shape their future goals," says Tierney. Likewise, teachers use portfolios to assess where each student has been and where he or she is going.

Mary Fowles, of the Educational Testing Service, agrees that a collection of a student's work is the most effective approach to learning.

"It gives students a chance to think about their own development as learners," she explains. "With guidance from teachers and peers, kids learn to critique their work and improve it."

Portfolios also can spark parent involvement, says Fowles, because parents get a chance to see and understand their child's work, instead of just looking at letter grades.

Today, portfolios are largely used to complement report cards. Still, portfolios are "forcing people to reexamine the ways in which we use report cards," notes professor Tierney.

For instance, some teachers in the San Dieguito Union High School District in Encinitas, California, make portfolios count for half—sometimes all—of a student's course grade, says Assistant Superintendent of Instruction Dr. Donald Kemp.

PORTFOLIOS IN PRACTICE

Most schools using portfolio assessment are only experimenting with the concept. Other schools have made a full commitment after careful study.

Take, for example, Sand Creek Elementary School near Denver, Colorado. Last year, the school switched from a system of four report cards and two parent-teacher conferences to two "progress reports" and three parent-teacher-student conferences, says former assistant principal Julie Smith.

The narrative "progress reports," which are largely based on each student's portfolio, became a pinch-hitter for traditional report cards, says Smith. Even though they knew the assessment changes were coming, some parents had a hard time adjusting to life without letter grades.

At the request of parents, Sand Creek reshuffled their new assessment system and added back a letter-grade report card to accompany the new "progress reports."

A recent survey showed that 64 percent of the parents at Sand Creek thought the "progress reports" gave a clear picture of their child's progress, while 70 percent said that letter grades were helpful as well. "It's pretty clear that parents want a combination of both," says Sand Creek principal Gary Poole. "Maybe we're old-fashioned," wrote one parent, "but we need transition time."

At Hillis Elementary School in Des Moines, Iowa, portfolios have been in place for three years. Report cards are still used, but principal Judi Cunningham says the portfolios offer a more in-depth look at a student's progress. "Instead of just giving an A or a B, teachers are spending a lot of time conferencing with the kids and writing comments about their work."

Such a time-consuming process is, understandably, a difficult adjustment for teachers, says Cunningham. "But the payoff is worth it," she says. "The kids are better off because they're reading more, writing more, and proud of what they're doing."

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Dole Golden Layer Cake

Prep. time: 15 mins.

- 1 can (20 oz.) Dole Crushed Pineapple in Juice
- 1 carton (8 oz.) frozen whipped topping, thawed
- 1 pkg. (4-serving size) instant vanilla pudding mix
- 1 pkg. (16 oz.) frozen pound cake, thawed
- 1/3 cup almond-flavored liqueur (or 1/3 cup pineapple juice and 1/2 teaspoon almond extract)
- Optional garnish: Dole Sliced Pineapple; 1/4 cup sliced almonds, toasted

Combine undrained pineapple, whipped topping and pudding mix. Let stand 5 minutes. Cut cake lengthwise in thirds. Drizzle with liqueur. Spread one-third pudding mixture over bottom layer of cake. Top with second layer. Repeat layering, ending with pudding. Chill 30 minutes. Sprinkle with toasted, sliced almonds and garnish with pineapple slices, if desired. Serves 12.

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SUPER PRODUCE!
Eat 5 a Day For Better Health



How many servings of fruits and vegetables did you and your family eat yesterday? Chances are you could double that amount and still barely meet your minimum requirements. According to the United States Department of Agriculture (USDA), most Americans consume only 2½ servings of fruits and vegetables a day—half of the minimum five daily servings recommended by nutrition experts.

To encourage people to regularly eat more fruits and vegetables, the National Cancer Institute and the Produce for Better Health Foundation (PBH) are spearheading a national "Five A Day" campaign that touts the health benefits of fruits and vegetables. Beat them to the punch by launching your own personal campaign—for several feel-good reasons.

FEEL-GOOD REASONS TO EAT 'EM

1. High in complex carbohydrates, fiber, vitamins A and C
2. Good source of minerals, such as calcium, potassium, phosphorus, and iron
3. Low in fat and calories
4. May help reduce risk of certain types of cancer, heart disease, high blood pressure, and diabetes—with a low-fat diet
5. Add eye and taste appeal—bright colors and crisp texture—to food

Five daily servings of fruits and vegetables may slash your risk of cancer and heart disease.

PICKING YOUR FIVE

Fruits and vegetables offer different amounts and kinds of nutrients. To get the complete range of essential vitamins and minerals, eat a variety of fruits and vegetables. Do your family a favor by encouraging them to eat at least *three servings of vegetables* (including legumes such as cooked dry beans) and *two servings of fruits* every day. If you eat more, that's even better. Some experts recommend as many as nine servings. Overall, strive to include the following:

One daily serving of Vitamin C-rich produce, such as citrus fruit or juice, strawberries, melons, tomatoes, broccoli, cauliflower, potatoes, and green peppers.

One daily serving of vitamin A-rich produce, such as greens (spinach, kale, bok choy, Swiss chard, and turnip or mustard greens), or any fruits or vegetables that are orange or yellow in color (carrots, winter squash, sweet potatoes, cantaloupe, papaya, and apricots).

One daily serving of a high-fiber fruit or vegetable, such as apples, pears, raisins, figs, or cooked, dry beans, peas, or lentils. Try to eat cooked dry beans, peas, or lentils several times every week.

Two to three servings a week of cruciferous (cabbage type) vegetables, such as broccoli, cabbage, cauliflower, bok choy, turnips, kale, or brussels sprouts.

WHAT'S A SERVING?

Though five servings may sound like a lot, it's really not. Look below at what's considered to be one adult serving, and you'll see how small changes can really add up.

- ½ cup cut-up fresh, canned, or thawed frozen fruit
- ¾ cup (6 ounces) 100% fruit or vegetable juice
- ½ cup cooked vegetables or legumes (such as dried beans or peas)
- 1 medium-size piece of fruit (such as apples, oranges, or bananas)
- 1 medium-size raw vegetable (such as carrots or celery)
- 1 cup raw leafy greens (such as lettuce, bok choy, endive, escarole, sorrel, Swiss chard, romaine, or spinach)
- ¼ cup dried fruit (such as raisins, apricots, dates, or figs)

**Note:* For children, serving sizes will vary. The American Dietetic Association (ADA) recommends that serving sizes should start at 1 tablespoon and increase by 1 tablespoon a year for kids between ages 3 and 5. Because many children don't eat much all at once, try to serve them smaller portions more frequently.

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SUPER PRODUCE!

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30 EASY WAYS TO GET FIVE A DAY

Breakfast

1. Top your cereal with fresh or dried fruit, berries, or raisins.

2. Drink a glass of 100 percent fruit or vegetable juice.

3. Start the meal with a grapefruit half or melon wedge.

4. Stir fresh fruit into vanilla yogurt.

Lunch

5. Cook up some dried beans, then freeze them in small portions, ready to add to soups and salads. Or, use drained canned beans.

6. Layer tomato slices, torn spinach, cucumbers, sweet peppers, or finely shredded cabbage in your sandwiches.

7. Add zucchini, carrot, or celery sticks to your brown-bag lunch.

8. Arrange a fruit salad of cut-up fresh fruit and greens.

Dinner

9. Toss together greens, including dark-green leafy vegetables such as spinach or kale, as often as you'd like. Remember—go easy on that salad dressing!

10. Leave skins on fruits and vegetables, which will add fiber to your diet.

11. Shop for the freshest produce when possible. Canned fruits and vegetables lose some of their vitamins and minerals during processing.

12. Keep cooking times short and use a minimum of water. Serve vegetables raw or cook them just till crisp-tender whenever possible. Vegetables will lose valuable nutrients if they're cooked too long.

13. Grill vegetables alongside meats for easy barbecue serve-alongs.

14. Serve bigger portions of vegetable dishes (without heavy sauces) or opt for seconds. Vegetables are low in calories, and they'll fill you up, too.

15. Add chopped green pepper, carrot, and celery to soups, casseroles, and pasta dishes.

16. Make puréed sauces from cooked vegetables, such as peas, carrots, spinach, cauliflower, and potatoes.

17. Dress up your favorite dishes with colorful fruits and vegetables. Garnish a casserole with chopped tomato or green pepper, or an entrée with citrus slices or red pepper rings.

18. Combine several vegetables in one dish for more variety, as in the recipe for Lemon-Sesame Vegetables *at right.*

Dessert

19. Serve fruit fresh, poached, or baked. Top it with sherbet or a dollop of low-fat yogurt.

20. Poach peaches in a little fruit juice, stir in brown sugar till melted, then spoon over frozen yogurt.

21. Heat puréed fruit, such as raspberries or peaches, sweeten lightly, and serve over ice milk or angel cake.

Snack time

22. Pack easy-to-carry snacks to work, school, or on car trips: bananas, raisins, carrot sticks, or grapes.

23. Freeze unsweetened fruit juice into ice cubes or pops for the kids (and you, too).

24. Whirl up a fruit shake with your favorite fresh fruit, milk, and frozen yogurt or ice milk.

25. Keep sticks of celery, carrots, jicama, zucchini, and other vegetables in ice water in the refrigerator for after-school or before-dinner munching. To keep all those vitamins and minerals, cut the vegetables fresh every day.

Anytime

26. When baking, look for recipes that call for bananas, carrots, zucchini, pumpkin, apples, or other produce.

27. Add dried fruits to muffins, breads, and other baked foods.

28. Every week, buy *and serve* one fruit or vegetable that you've never tried before.

29. Include a tray of crudités (cut-up vegetables or fruit) and a low-fat yogurt dip when you entertain. Try the recipe for Citrus-Yogurt Dip, *below.*

30. For more information on the role of fruits and vegetables in cancer prevention, call 800/4-CANCER.



CITRUS-YOGURT DIP

Serve this healthful strawberry-orange dip with all kinds of fresh fruit, such as strawberries, raspberries, plums, star fruit, and kiwi fruit—

1 8-oz. carton strawberry yogurt
½ tsp. finely shredded orange peel
¼ tsp. poppy seed
⅛ tsp. ground cinnamon

In a small bowl stir together the yogurt, orange peel, poppy seed, and cinnamon. Serve with fresh fruit for dipping. Makes about ¾ cup.

Nutrition information per tablespoon dip: *20 cal., 0 g fat, 1 mg chol., 1 g pro., 4 g carbo., 11 mg sodium, 0 g fiber.*



LEMON-SESAME VEGETABLES

Eating a variety of vegetables is easy with this quick microwave fix-up—

2 tsp. sesame seed
2 tsp. olive oil *or* cooking oil
¼ to ½ tsp. anise seed *or* caraway seed
¼ tsp. salt
¼ tsp. pepper
1½ cups halved brussels sprouts *or* one 10-oz. pkg. brussels sprouts, thawed and halved
2 cups sliced bok choy
2 medium carrots, bias sliced (1 cup)
2 Tbsp. water
1 Tbsp. lemon juice

In a 1-cup glass measure combine sesame seed, oil, anise seed or caraway seed, salt, and pepper. Cover with waxed paper; micro-cook on 100% power (high) for 3 to 4 minutes or till sesame seed is lightly toasted, stirring once. Set aside.

In a 1½-quart microwave-safe casserole combine brussels sprouts, bok choy, and carrots. Add water. Cover and micro-cook on high for 6 to 8 minutes or till crisp-tender, stirring once. Drain.

Add lemon juice to sesame seed mixture. Add lemon-sesame mixture to vegetables; toss gently to coat. Makes 4 side-dish servings.

Nutrition information per serving: *72 cal., 3 g fat, 0 mg chol., 3 g pro., 10 g carbo., 3 g fiber, 192 mg sodium. RDA: 125% vit. A, 91% vit. C.*

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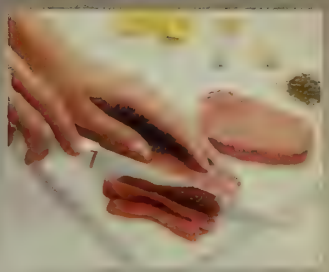
But one thing hasn't changed. And that's the wonderful flavor of pork. So tender and juicy. Pork is the perfect match for any meal. And what could be more versatile! Greek Pork Pita Pockets, for example, are easy enough for everyday, fun enough for a party. Quick and tasty.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



Greek Pork Pita Pockets.

(Serves 4)



Cut 1 lb. boneless pork loin into thin strips. Combine 4 T. each olive oil and lemon juice, 1 T. prepared mustard, 2 cloves minced garlic, and 1 t. dried oregano.



Pour over pork. Refrigerate 1-8 hrs. Stir together 1 c. plain yogurt, 1 chopped, peeled cucumber, 1/2 t. crushed garlic and 1/2 t. dill weed. Cover and refrigerate.



Remove pork from marinade. Stir-fry in non-stick pan over med. heat for 2-3 minutes. Halve two pita loaves and open to form a pocket.



Fill with pork. Top with cucumber mixture. Garnish with chopped red onion.

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STAY YOUNG (ALMOST) FOREVER!
Research reveals the keys to growing old gracefully

Instead of simply seeking to add years to your life, you should be working now to add life to your years. Seniors who have followed the tenets of successful aging lead more active, fulfilling lives. Scientists are discovering that the simplest of strategies often garner the greatest benefits.

Health span, not life span. These days, there's a lot of emphasis on living longer. The quest for longevity makes front-page headlines regularly. But researchers who study the aging process ask, "What's the benefit of a longer life span if you're too sick and frail to enjoy those gilded decades?" These experts would rather see folks seeking ways to extend their *health spans*, those active, I-feel-great years.



Dull as they sound, the keys to successful aging are ample exercise, good nutrition, and healthy lifestyle habits, says Gene Cohen, M.D., Ph.D., acting director of the National Institute on Aging. "These things will slow the aging process better than any longevity drug," he says.

In *Aging Well* (Addison-Wesley, 1989), James Fries, M.D., associate professor of medicine at Stanford University, states that it's not too late for people past age 65 to gain benefit from preventive-health measures. As examples, he notes: An older person who stops cigarette smoking returns to an average risk of heart attack after only two years.

It's never too late (or too early) to make changes that slow the aging process.

Use it or lose it. More than a decade ago, Walter Bortz, M.D., a researcher on aging, studied physical declines associated with normal aging—losses of bone mass, muscle strength, organ reserve—and compared them to symptoms experienced by astronauts after long periods of inactivity. They were virtually the same. Coining the term "the disuse syndrome," Dr. Bortz showed that many of the physical problems common among the elderly stemmed from inactivity, not advancing years.

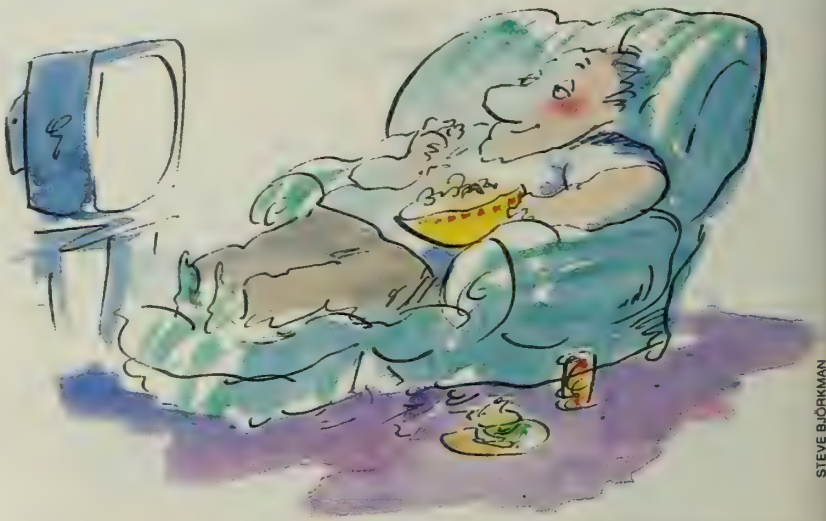
One in three people who is over age 75 and lives independently has trouble climbing 10 steps; almost one-fourth can't lift 10 pounds. Such frailty increases the risk of falls, leading to hip fractures. Experts hope that weight training and exercise programs soon can be used to counter the widespread problem of frailty among the elderly.

In Boston, Dr. Maria Fiatarone reported dramatic muscle-strengthening benefits of exercise. A group of frail men and women in their 90s pumped iron for eight weeks. On average, they increased their muscle strength almost two and a half fold and raised their walking speed by 50 percent.

Exercise also strengthens the heart and lungs, and keeps joints, ligaments, and tendons more flexible. It lowers blood pressure, boosts HDL-cholesterol (the "good" cholesterol), aids in weight control, and keeps bones strong. As a result, active people have a lower risk of heart disease, stroke, adult-onset diabetes, and osteoporosis.

Best of all, it's *never* too late to start. At the University of Washington, a group of previously inactive elderly men boosted their aerobic capacity by 22 percent within six months of start-

continued on page 46



STEVE BJORKMAN

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STAY YOUNG

continued from page 44

ing a program of moderate exercise. They also lost body fat on their stomachs; a waist-hugging "spare tire" is linked to higher risk of heart disease.

You are what you eat. Typically, aging people tend to grow more sedentary. Their metabolism is slowing so they need fewer calories to maintain a healthful weight.

Obesity stresses the heart, the muscles, and the bones, increasing the likelihood of joint and back problems. People who are more than 60 percent above ideal weight greatly increase their risk of dying prematurely, says Michael Kaplan, M.D, Ph.D., an exercise expert with the NIA.

Sensible eating and moderate exercise can stave off many illnesses wrongly laid to aging.

Many elderly who do not have weight-control problems still may not be following good diets. With aging, there is less and less room for high-calorie, low-nutrient "junk" foods. Sixteen percent of people over 65 who live alone have a nutritionally poor diet, according to an NIA study.

Generally, nutrient requirements stay the same over the course of a lifetime. The federal government's dietary guidelines apply to the old and the young: Eat a well-balanced, low-fat, low-cholesterol diet high in complex carbohydrates.

Such a diet will provide you with plenty of fiber, which keeps your digestive system tip-top, and can reduce symptoms of diverticular disease, constipation, and hemorrhoids. Fiber also may lower your chances of colon cancer and heart disease.

Foods have different kinds of fiber, so eat a variety of whole-grain breads and cereals, dry beans and peas, vegetables, and fruits.

Don't ignore calcium. Calcium-deficient diets are linked to osteoporosis and can lead to bone fractures.

Adult women, who are at greatest risk for osteoporosis, and men should take 1,000 mg of calcium each day. Women past menopause and not on estrogen therapy need 1,500 mg daily. The average American woman consumes about 500 mg daily, so most people need several additional servings of calcium-rich foods in their diets. You may want to check with your doctor about taking calcium supplements and estrogen therapy, which is prescribed for some women during and after menopause.

Also, stay active. For your body to use calcium properly, weight-bearing exercise is needed to stimulate bone, notes Jeffrey Blumberg, Ph.D., nutrition professor at Tufts University.

Unfortunately, older people often find it hard to follow dietary guidelines. "Ideally, a diet should provide necessary nutrients, but the elderly have specific problems that make it hard to comply," says Dr. Blumberg. "A supplement formulated at one to two times the RDA can be helpful."

You are getting sleepy. With aging, the quality of sleep declines. It takes longer to get to sleep—and it's harder to stay asleep. Sleep becomes lighter and more easily disrupted. As a result, many elderly struggle with fatigue and poor memory and concentration.

Optimism is one fountain of youth you can search for from the comfort of your own living room.

Still, troubled sleep isn't an inevitable part of aging. Many sleep problems reflect health problems such as arthritis and depression. Drugs, alcohol, and caffeine can hinder sleep, too.

Certain sleep problems require professional help, but most people can find a good night's sleep by following these tips:

- Adopt a regular sleep schedule. Go to bed and wake up at set hours.
- Establish a soothing bedtime ritual. Relax and wind down each night by reading or taking a warm bath.
- Exercise regularly, but not within a couple hours of bedtime. A recent Gallup survey reveals that active retirees have fewer sleep problems.
- Avoid heavy meals, alcohol, and stimulants like coffee, tea, and cola.
- Block out distractions. Sleep in a dark, comfortable, quiet area.

Take your brain out for a jog. Studies show that mentally active people can stave off most aging-related declines in mental functioning. At UCLA, Lissy Jarvik, M.D., professor of psychiatry, has been conducting a long-term study of 134 sets of twins and reports that those who stay mentally stimulated retain their thinking skills better than those who don't.

Studies show that in the absence of disease, declines in mental function are usually small, anyway. Short-term memory and reaction time may weaken, but less than previously believed.

The brain responds to enriched, challenging environments, says Dr. Cohen, with the NIA. "Brain tissue is like muscle tissue," he says. "It needs to be exercised or it will lose some of its ability."

Variety and challenge will keep the brain stretched. To stay mentally engaged, try reading, taking adult-education courses, traveling, or volunteering. Do fun things to get the juices flowing: crossword puzzles, card-playing, Nintendo madness.

Live on the sunny side. Kenneth R. Pelletier, Ph.D., senior clinical fellow at Stanford University School of Medicine and author of *Longevity: Fulfilling Our Biological Potential* (Dell, 1982), asserts that attitude is key to successful aging. Do you set goals and accept challenges? Do you have close attachments and commitments to your community? These traits help keep you young. Pelletier, a longtime researcher on emotions and health, believes *control* and *support* stand out as predictors of aging well: "People need to feel they have some control over the course of events in their lives. And they need a strong support system. Everyone needs to feel connected to something: family, friends, and community."

There's no formula for learning optimism, but it helps to be enthusiastic and forward looking. Try to be receptive to new ideas and new people. Trust others and believe in yourself.

DOCTORS SWORE BY IT.

And today, there's DuoPlant® Plantar Wart Remover for feet. You should know that DuoPlant is from the makers of DuoFilm,® the brand doctors prescribed most for topical treatment of warts. And now DuoPlant is available exclusively in a non-prescription formula. What's more, DuoPlant is the only prescription brand of plantar wart remover to become available in an over-the-counter formula. So if a trip to your doctor has been all that has stopped you from getting treatment for plantar warts, today all it takes is a trip to the store.

Ask your pharmacist about DuoPlant gel. For effective treatment in removal of plantar warts, do it yourself with DuoPlant. And for common warts, there's DuoFilm.

DO IT YOURSELF WITH DUOPLANT.



DuoPlant®

PLANTAR WART REMOVER for feet

Schering-Plough © 1992 Schering-Plough HealthCare Products, Inc.

USE ONLY AS DIRECTED.

Introducing A Seasonal Allergy Medicine Worth Seeing Your Doctor About.



Seldane-D®

The first medicine that lets you stay alert as it relieves sneezing, runny nose, itchy, watery eyes, *plus* stuffed-up nose caused by seasonal nasal allergies.

Seldane-D causes no more drowsiness than a placebo (a sugar pill).

In medical studies with hundreds of patients, there was no significant difference in drowsiness between those who took Seldane-D and those who took a sugar pill.

Why over-the-counter products often don't deliver the relief you need.

Antihistamines (like Benadryl®) can relieve some of your symptoms, but they can also make you drowsy. And while decongestants (like Sudafed®) don't make you drowsy, they can only relieve your stuffed-up nose.*

Seldane-D combines a nonsedating antihistamine with a decongestant for the first time.

The Seldane® (terfenadine) in Seldane-D is the world's most prescribed nonsedating antihistamine.† The "D" in Seldane-D is the most preferred decongestant.‡

Just one tablet every 12 hours gives you relief around the clock without causing sedating side effects.

Seldane or Seldane-D?

If you don't suffer from a stuffed-up nose, your doctor may prescribe Seldane without a decongestant. After all, why take more medication than you need? Furthermore, any decongestant, prescription or over-the-counter, may cause nervousness, dizziness, or sleeplessness. Of course, your doctor is the person best qualified to tell you exactly what you need. So, talk to your doctor. It just may be worth it.

SELDANE-D®
(terfenadine 60 mg and pseudoephedrine HCl 120 mg)
EXTENDED-RELEASE TABLETS bid

*Source: *Physicians' Desk Reference for Nonprescription Drugs*®. Oradell, NJ: Medical Economics Company, Inc. 1991.
†Based upon worldwide prescription and distribution information (1986-1991). Data on file, Marion Merrell Dow Inc.
‡Based upon U.S. prescription and distribution information on single-entity decongestants (1986-1991). Data on file, Marion Merrell Dow Inc.
*PLEASE SEE THE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON AN ADJACENT PAGE.
Benadryl® is a registered trademark of Parke-Davis, Morris Plains, NJ. Sudafed® is a registered trademark of Burroughs Wellcome Co., Research Triangle Park, NC.
SEDAG761/A8019

©1992, Marion Merrell Dow Inc.

6132A2

BRIEF SUMMARY

Seldane-D®

(terfenadine and pseudoephedrine hydrochloride)
Extended-Release Tablets

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephednne hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide and zinc stearate.

INDICATIONS AND USAGE

Seldane-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of Seldane (terfenadine) and the nasal decongestant activity of pseudoephednne hydrochloride are desired.

CONTRAINDICATIONS

Seldane-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly: The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General: Seldane-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine. Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g., hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. These events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for Patients: Patients should be questioned about pregnancy or lactation before starting Seldane-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be instructed to take Seldane-D only as needed and not to exceed the prescribed dose. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS): Monoamine oxidase (MAO) inhibitors and beta-adrenergic blockers increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines. Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane-D with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No studies have been conducted to evaluate the carcinogenic potential of Seldane-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C: The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well controlled studies in pregnant women. Seldane-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS): Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use: Safety and effectiveness of Seldane-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

In double-blind, parallel, controlled studies in over 300 patients in which Seldane-D was compared to extended-release pseudoephedrine, adverse reactions reported for greater than 1% of the patients receiving Seldane-D were not clinically different from those reported for patients receiving pseudoephednne (see table below).

Pseudoephednne may cause ephednne-like reactions such as tachycardia, palpitations, headache, dizziness, or nausea. Sympathomimetic drugs have also been associated with certain untoward reactions including fear, anxiety, tenseness, restlessness, tremor, weakness, pallor, respiratory difficulty, dysuria, insomnia, hallucinations, convulsions, CNS depression, arrhythmias, and cardiovascular collapse with hypotension.

With terfenadine, rare reports of cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In controlled clinical trials with terfenadine, using the recommended daily dose of 60 mg b.i.d., the incidence of adverse events in patients receiving terfenadine was similar to that reported in patients receiving placebo. These effects included: *Central Nervous System* — Drowsiness, headache, fatigue, dizziness, nervousness, weakness, appetite increase; *Gastrointestinal System* — Abdominal distress, nausea, vomiting, change in bowel habits; *Eye, Ear, Nose and Throat* — Dry mouth/nose/throat, cough, sore throat, epistaxis; *Skin* — Eruption (including rash and urticaria) or itching. Also reported spontaneously during the marketing of terfenadine were: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbances.

Also in clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving terfenadine. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis and hepatitis. In most cases available information is incomplete.

FREQUENTLY (>1%) REPORTED ADVERSE EVENTS FOR SELDANE-D IN DOUBLE-BLIND, PARALLEL, CONTROLLED CLINICAL TRIALS*

Adverse Event	Percent of Patients Reporting		
	Seldane-D (N=374)	Pseudoephedrine (N=287)	Placebo (N=193)
Central Nervous System			
Insomnia	25.9	26.8	6.2
Headache	17.4	17.1	22.3
Drowsiness/Sedation	7.2	4.9	11.4
Nervousness	6.7	8.4	1.6
Anorexia	3.7	3.8	0.0
Fatigue	2.1	1.4	2.1
Restlessness	2.1	1.0	0.0
Irritability	1.1	0.0	1.0
Disorientation	1.1	0.0	0.5
Increased Energy	1.1	0.0	0.0
Hyperkinesia	1.1	1.0	0.0
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	11.4
Blurring of Vision	1.1	0.3	0.5
Gastrointestinal			
Nausea	4.5	6.6	5.2
Skin			
Rash	1.1	0.0	0.0
Cardiovascular			
Palpitations	2.4	3.8	0.5
Allergy Symptoms			
Sore Throat	1.9	1.7	1.0
Cough	1.6	0.3	1.0
Other			
Infection, Upper Respiratory	1.3	2.4	0.5
Taste Alterations	1.1	1.0	1.0

*Seldane-D B.I.D., pseudoephedrine 120 mg B.I.D.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed whole, morning and night.

HOW SUPPLIED

Seldane-D Tablets containing 60 mg of terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg of pseudoephedrine hydrochloride in an extended-release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; debossed "SELDANE-D". Store at controlled room temperature (59°-86°F) (15°-30°C). Protect from moisture.

Product Information as of June, 1991.

MARION MERRELL DOW INC.
KANSAS CITY, MO 64114
U.S. Patent 3,878,217 and 4,929,605
Other patent applications pending.

Seldane®

(terfenadine) 60 mg Tablets

BRIEF SUMMARY

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE

Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS

Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS

General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. The events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instructions: Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 2 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

* Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
** Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
*** CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients)

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled clinical trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbance.

In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elavations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

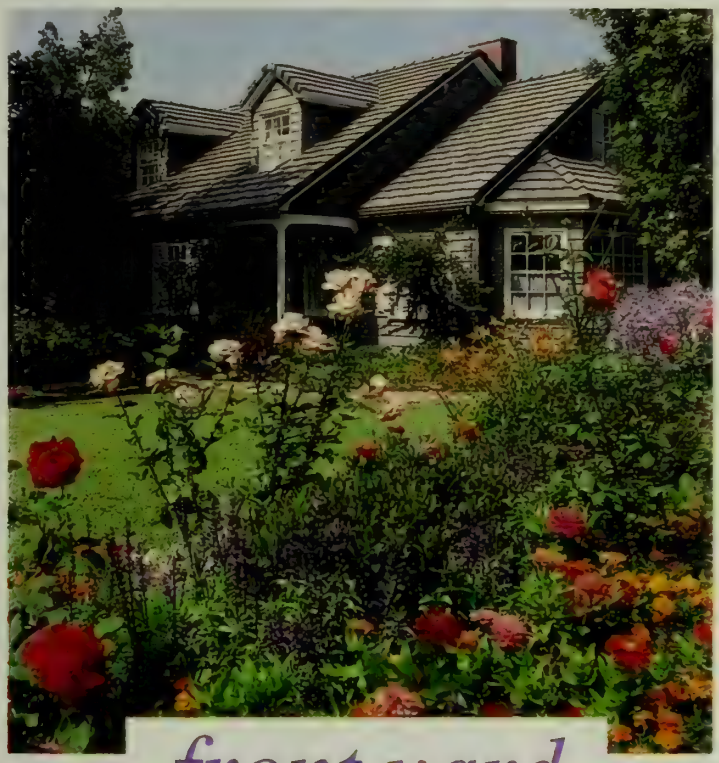
One tablet (60 mg) twice daily for adults and children 12 years and older.

Product Information as of July, 1990

MARION MERRELL DOW INC.
Prescription Products Division
Kansas City, MO 64114

BY
JANE AUSTIN McKEON

Flowers are up front in today's landscape plans. No longer hidden away in backyard borders, annuals and perennials are getting the streetside exposure they deserve. Planted near entrances, driveways, and sidewalks, flowers roll out a welcome mat of beautiful blooms for everyone who passes by. For some bright ideas on how to add color to your front yard, read on.



front yard flowers

Plan for all-season blooms. *Constant color should be your goal when you design a front-yard flower garden. Curving around a corner lot, this broad streetside border (above) is abloom from spring to fall with a nonstop display of perennials and annuals. A permanent cast of roses, agapanthus, and daylilies is supported by a summer showing of petunias, zinnias, marigolds, verbena, salvia, and daisies.*

Photograph: Tommy Miyasaki. Design: Leo Snider/Coventry Landscape Co. Regional editor: Joan Dektar



Consider both flowers and foliage. *This entry garden artfully blends flowers and foliage for continuous impact. In the foreground, a boxwood is a tiny-leafed companion for the fuzzy, gray foliage of lamb's-ears and the pale yellow blooms of lady's mantle. Background perennials—allium, cranesbill geranium, rose, lythrum, lily, cimicifuga, lavender, and daylily—go in and out of bloom, but their leaves offer a variety of shapes, sizes, and shade patterns.*

Photograph: Mike Jensen. Design: Paul Broadhurst. Regional editor: Trish Maharam

front yard



Plant a cottage-garden array. *Flowers can rescue you from some of the toughest landscaping challenges. Battling a bare and eroding slope by their front walk, the owners of this home gave up on growing grass and planted a border of blooms, including baby's-breath, lythrum, salvia, lobelia, marigold, geranium, petunia, nicotiana, and calendula. Circular beds in the parking strip feature alternating pie-shape patterns of dusty miller and red and white fibrous begonias.*

Photograph: Mike Jensen. Design: Withey/Price Landscape Design. Regional editor: Trish Maharam

flowers



Select flattering flowers. For the most effective front-yard floral display, choose blooms that complement your home's architecture. A living bouquet of old-fashioned favorites like dahlia, delphinium, solidago, salvia, cleome, monarda, lily, hollyhock, and climbing rose dramatically stage the entrance of this stately Victorian home. Mixing species of varying heights, from small to tall, tones down the towering facade of the house. Window boxes brim with pink ivy geraniums.

Photograph: D. Randolph Foulds. Design: Daniel John. Regional editor: Estelle Bond Guralnick

front yard

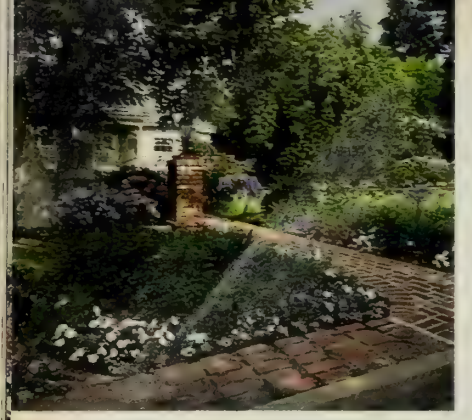


Save your budget with bedding plants. *They may look like an extravagance, but a few flats of flowers are more affordable than trees and shrubs. A profusion of blooms was part of the bargain when the owners of this house postponed their landscaping plans to pay for a fresh coat of paint and a new roof. House-softening touches include window boxes filled with ivy, lobelia, and geraniums, and foundation plantings of pink and white impatiens. Petunias, salvia, marigolds, pansies, and roses flourish by the street.*

Photograph: Stephen Cridland. Regional editor: Cathy Howard

flowers

front yard flowers



Choose compatible colors. *A riot of bright blooms or a quiet blend of subtle hues? A subdued color scheme best suits this retiring gray-and-white house. When spring-blooming azaleas fade, the soothing pastels of pink and white petunias, white alyssum, white star jasmine, blue agapanthus, and blue salvia offer a cool contrast to summer heat.*

Photograph: Tommy Miyasaki. Design: Leo Snider/Coventry Landcsape Co.
Regional editor: Joan Dektar



Pot up an entry garden. *A sober front stoop comes to life with a cheering collection of flower- and foliage-filled containers. Protected from inclement weather by the overhang, large baskets lined with plastic weave a display of impatiens, artemisia, and scaevola. Because rain doesn't reach these plants, the owner waters them often.*

Photograph: D. Randolph Foulds. Design: The Leonhard's Flower Shop and Greenhouses. Regional editor: Estelle Bond Guralnick



Flank a front walk. *Shorter species are the best choice for yards that are shallow and small. Scaled-down versions of big borders, these dazzling dooryard beds contain a variety of flowers without overwhelming the pint-size site. Compact plants include sweet alyssum, anemone, miniature rose, freesia, ixia, sparaxis, salvia, carnation, chrysanthemum, nicotiana, and ranunculus.*

Photograph: Kim Brun. Regional editor: Sharon Haven



Follow nature's cue. *Flowers are a no-mow alternative to growing grass. Faced with water rationing, the owners of this desert-Southwest home replaced their thirsty lawn with drought-tolerant species, such as verbena, oenothera, sage, lamb's-ears, coralbell, and coreopsis. The bushy, low-growing flowers retain their tidy look, an important consideration for front yards. Though roses—the owners' one luxury—require more moisture, an underground sprinkler system uses water wisely.*

Photograph: Tommy Miyasaki. Design: Tim Galardi/Riviera Gardens. Regional editor: Joan Dektar



- **Choose sun-loving species if your front yard receives six or more hours of sunlight each day. If it gets less than six hours, go with shade dwellers.**
- **Spade the soil to a depth of 8 inches and mix in organic matter, such as compost or manure. Add sphagnum peat moss to help soil hold moisture.**
- **Spread a few inches of wood mulch around plants to reduce the number of times you have to water during the season.**
- **Ensure peak blooming by feeding flowers every couple of weeks with a foliar fertilizer and by removing spent blooms.**



See brief summary of Prescribing Information on next page.

My family has been after me to quit smoking for a long time. So I've tried everything. Even cold turkey. But eventually, I'd go right back to smoking again.

NO ONE BELIEVED I WOULD EVER REALLY QUIT SMOKING.

Habitrol® is a skin patch. When used as part of a comprehensive behavioral smoking cessation program, it has been clinically proven to significantly increase the chances of quitting by relieving the craving for nicotine.

As part of my smoking cessation program, I was given a free support kit. The kit includes tips on getting through the rough times and an audio tape for relaxation and motivation. My doctor is a big support as well. He even gave me a list of support groups I could attend.

Habitrol contains nicotine. If you're pregnant or nursing, or have heart disease, be sure to first find out from your doctor all the ways you can stop smoking. If you're taking a prescription medicine or are under a doctor's care, talk with your doctor about the potential risks of Habitrol. Habitrol shouldn't be used for more than three months.

If you're really determined to quit, **ask your doctor** about Habitrol therapy. **Or call 1-800-YES-U-CAN,** for more information, today.

If you're tired of quitting and failing, this could be your chance.

IF YOU'VE GOT THE WILL, NOW YOU CAN HAVE THE POWER.

NEW Habitrol®
(nicotine transdermal system)

RBASEL
Pharmaceuticals
ion of CIBA-GEIGY Corporation
rmt, New Jersey 07901

Habitrol ®
(nicotine transdermal system)

Systemic delivery of 21, 14, or 7 mg/day over 24 hours

BRIEF SUMMARY. FOR FULL PRESCRIBING INFORMATION SEE PACKAGE INSERT.

INDICATIONS AND USAGE
Habitrol treatment is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Habitrol treatment should be used as a part of a comprehensive behavioral smoking cessation program.

The use of Habitrol systems for longer than 3 months has not been studied.

CONTRAINDICATIONS
Use of Habitrol systems is contraindicated in patients with hypersensitivity or allergy to nicotine or to any of the components of the therapeutic system.

WARNINGS
Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Habitrol systems, and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy Warning
Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Habitrol treatment can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Habitrol systems has not been examined in pregnancy (see PRECAUTIONS, Other Effects). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Habitrol therapy is used during pregnancy, or if the patient becomes pregnant while using Habitrol treatment, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children
The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if Habitrol systems are applied or ingested by children or pets. Used 21 mg/day systems contain about 60% (32 mg) of their initial drug content. Therefore, patients should be cautioned to keep both used and unused Habitrol systems out of the reach of children and pets.

PRECAUTIONS
General
The patient should be urged to stop smoking completely when initiating Habitrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Habitrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the Habitrol dose should be reduced or Habitrol treatment discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

The use of Habitrol systems beyond 3 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions: In a 6-week, open-label dermal irritation and sensitization study of Habitrol systems, 22 of 220 patients exhibited delinite erythema at 24 hours after application. Upon rechallenge, 3 patients exhibited mild-to-moderate contact allergy. Patients with contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. In the efficacy trials, erythema following system removal was typically seen in about 17% of patients, some edema in 4%, and dropouts due to skin reactions occurred in 6% of patients.

Patients should be instructed to promptly discontinue the Habitrol treatment and contact their physicians if they experience severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rash).

Skin Disease: Habitrol systems are usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases: The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of Habitrol treatment was reported occasionally. If serious cardiovascular symptoms occur with Habitrol treatment, it should be discontinued.

Habitrol treatment should generally not be used in patients during the immediate post-myocardial infarction period, patients with serious arrythmias, and patients with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency: The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (See CLINICAL PHARMACOLOGY, Pharmacokinetics).

Endocrine Diseases: Habitrol treatment should be used with caution in patients with hyperthyroidism, pheochromocytoma or insulin-dependent diabetes since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease: Nicotine delays healing in peptic ulcer disease; therefore, Habitrol treatment should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Accelerated Hypertension: Nicotine constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Habitrol treatment should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Information for Patients
A patient instruction sheet is included in the package of Habitrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Habitrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist.

Patients must be advised to keep both used and unused systems out of the reach of children and pets.

Drug Interactions
Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	**Possible Mechanism**
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase In Dose at Cessation of Smoking	**Possible Mechanism**
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility
Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidence of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Nicotine and cotinine were not mutagenic in the Ames *Salmonella* test. Nicotine induced reparable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

Pregnancy Category D (see WARNINGS)
The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Habitrol treatment on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported, as with smoking, nicotine as a contributing factor cannot be excluded.

Habitrol treatment should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of use of nicotine replacement by the patient, who may continue to smoke.

Teratogenicity
Animal Studies: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg/day IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects
Animal Studies: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking 1 cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 mg/kg/min nicotine for 20 minutes to pregnant rhesus monkeys (equivalent to smoking about 6 cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low-birth-weight infants and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate, and decreased uterine blood flow and fetal breathing movements. Habitrol treatment has not been studied in pregnant humans.

Labor and Delivery
Habitrol systems are not recommended to be left on during labor and delivery. The effects of nicotine on the mother or the fetus during labor are unknown.

Nursing Mothers
Caution should be exercised when Habitrol therapy is administered to nursing women. The safety of Habitrol treatment in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk-to-plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first-pass clearance; however, the efficiency of removal is probably lowest at birth. The nicotine concentrations in milk can be expected to be lower with Habitrol treatment when used as directed than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Habitrol systems should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Habitrol systems alone or in combination with continued smoking.

Pediatric Use
Habitrol systems are not recommended for use in children because the safety and effectiveness of Habitrol treatment in children and adolescents who smoke have not been evaluated.

Geriatric Use
Forty-eight patients over the age of 60 participated in clinical trials of Habitrol therapy. Habitrol therapy appeared to be as effective in this age group as in younger smokers.

ADVERSE REACTIONS
Assessment of adverse events in the 792 patients who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by concurrent smoking by many of the patients. In the trials, when reporting adverse events, the investigators did not attempt to identify the cause of the symptom.

Topical Adverse Events
The most common adverse event associated with topical nicotine is a short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 35% of patients on Habitrol treatment in the clinical trials. Local erythema after system removal was noted at least once in 17% of patients and local edema in 4%. Erythema generally resolved within 24 hours. Cutaneous hypersensitivity (contact sensitization) occurred in 2% of patients on Habitrol treatment (see PRECAUTIONS, Allergic Reactions).

Probably Causally Related
The following adverse events were reported more frequently in Habitrol-treated patients than in placebo-treated patients or exhibited a dose response in clinical trials.
Digestive system - Diarrhea*, dyspepsia*.
Mouth/Tooth disorders - Dry mouth.
Musculoskeletal system - Arthralgia*, myalgia*.
Nervous system - Abnormal dreams†, somnolence†.
Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

Causal Relationship Unknown
Adverse events reported in Habitrol- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Habitrol treatment and these events is unknown, but they are reported as alerting information for the clinician.
Body as a whole - Allergy†, back pain†.
Cardiovascular system - Hypertension†.
Digestive system - Abdominal pain†, constipation†, nausea*, vomiting.
Nervous system - Dizziness*, concentration impaired†, headache (17%), insomnia*.
Respiratory system - Cough increased†, pharyngitis†, sinusitis†.
Urogenital system - Dysmenorrhea*.
Frequencies for 21 mg/day system
*Reported in 3% to 9% of patients.
†Reported in 1% to 3% of patients.
Unmarked if reported in < 1% of patients.

DRUG ABUSE AND DEPENDENCE
Habitrol systems are likely to have a low abuse potential based on differences between it and cigarettes in four characteristics commonly considered important in contributing to abuse: much slower absorption, much smaller fluctuations in blood levels, lower blood levels of nicotine, and less frequent use (i.e. once daily).

Dependence on nicotine polacrilex chewing gum replacement therapy has been reported. Such dependence might also occur from transference to Habitrol systems of tobacco-based nicotine dependence. The use of the system beyond 3 months has not been evaluated and should be discouraged.

To minimize the risk of dependence, patients should be encouraged to withdraw gradually from Habitrol treatment after 4 to 8 weeks of usage. Recommended dose reduction is to progressively decrease the dose every 2 to 4 weeks (see DOSAGE AND ADMINISTRATION).

OVERDOSAGE
The effects of applying several Habitrol systems simultaneously or of swallowing Habitrol systems are unknown (see WARNINGS, Safety Note Concerning Children).

The oral LD_{50} for nicotine in rodents varies with species but is in excess of 24 mg/kg; death is due to respiratory paralysis. The oral minimum lethal dose of nicotine in dogs is greater than 5 mg/kg. The oral minimum acute lethal dose for nicotine in human adults is reported to be 40 to 60 mg (<1 mg/kg).

Two or three Habitrol 30 cm^2 systems in capsules fed to dogs weighing 8-17 kg were emetic, but did not produce any other significant clinical signs. The administration of these patches corresponds to about 6-17 mg/kg of nicotine.

Signs and symptoms of an overdose of Habitrol systems would be expected to be the same as those of acute nicotine poisoning including: pallor, cold sweat, nausea, salivation, vomiting, abdominal pain, diarrhea, headache, dizziness, disturbed hearing and vision, tremor, mental confusion, and weakness. Prostration, hypotension, and respiratory failure may ensue with large overdoses. Lethal doses produce convulsions quickly and death follows as a result of peripheral or central respiratory paralysis or, less frequently, cardiac failure.

Overdose From Topical Exposure
The Habitrol system should be removed immediately if the patient shows signs of overdosage and the patient should seek immediate medical care. The skin surface may be flushed with water and dried. No soap should be used since it may increase nicotine absorption. Nicotine will continue to be delivered into the bloodstream for several hours (see CLINICAL PHARMACOLOGY, Pharmacokinetics) after removal of the system because of a depot of nicotine in the skin.

Overdose From Ingestion
Persons ingesting Habitrol systems should be referred to a health care facility for management. Due to the possibility of nicotine-induced seizures, activated charcoal should be administered. In unconscious patients with a secure airway, instill activated charcoal via nasogastric tube. A saline cathartic or sorbitol added to the first dose of activated charcoal may speed gastrointestinal passage of the system. Repeated doses of activated charcoal should be administered as long as the system remains in the gastrointestinal tract since it will continue to release nicotine for many hours.

Management of Nicotine Poisoning
Other supportive measures include diazepam or barbiturates for seizures, atropine for excessive bronchial secretions or diarrhea, respiratory support for respiratory failure, and vigorous fluid support for hypotension and cardiovascular collapse.

Safety and Handling
Habitrol systems can be a dermal irritant and can cause contact sensitization. Although exposure of health care workers to nicotine from Habitrol systems should be minimal, care should be taken to avoid unnecessary contact with active systems. If you do handle active systems, wash with water alone, since soap may increase nicotine absorption. Do not touch your eyes.

Disposal
When the used system is removed from the skin, it should be folded over and placed in the protective pouch which contained the new system. The used system should be immediately disposed of in such a way to prevent its access by children or pets. See patient information for further directions for handling and disposal.

How to Store
Do not store above 86°F (30°C) because Habitrol systems are sensitive to heat. A slight discoloration of the system is not significant.

Do not store unpouched. Once removed from the protective pouch, Habitrol systems should be applied promptly since nicotine is volatile and the system may lose strength.

CAUTION: Federal law prohibits dispensing without prescription.

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Decorating at retail

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Shop these pages for the latest styles

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- Roman rerun
- By the seashore
- Casual affair
- A simple character

continued on page Z3

BY MICHELLE TIBODEAU

Strawberry

THE JENN-AIR RANGE MAKES A GREAT LEMON SOUFFLÉ, GRILLED MAHI-MAHI, BEEF WELLINGTON AND FIRST IMPRESSION.



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Star Anise

Sage

Jenn-Air now brings you a range that looks as great as it cooks. This is the one range you'll find that lets you cook whatever you want, the way you want. Because with just the turn of a dial the Jenn-Air S156 gives you the choice of radiant or convection cooking (which means heated air is circulated for faster, even cooking).

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Plus, the Jenn-Air range's sleek, streamlined exterior has been designed to be just as appetizing as the food that comes out of it. The Jenn-Air range. One of the most important ingredients to any great kitchen.

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THE SIGN OF A GREAT COOK℠.

The secret garden

Bring the serenity and beauty of a lush backyard into your home with fresh blooming florals, furniture fit for a patio, and pieces that could have been picked up along a winding garden path.

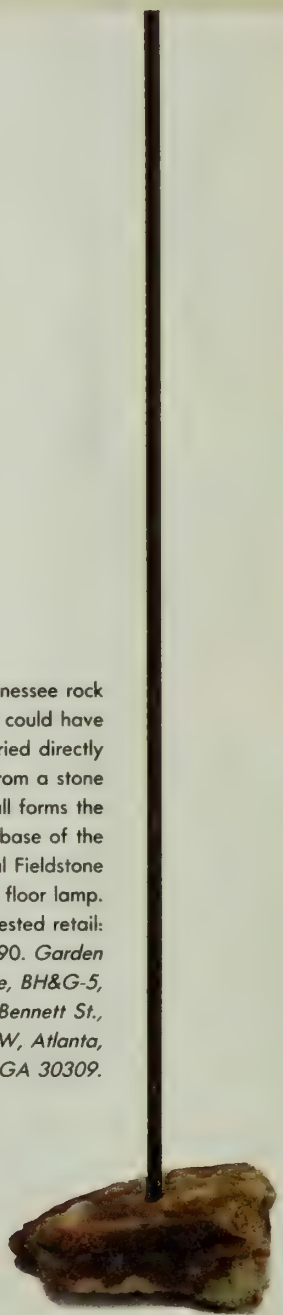
continued on page Z4



Lattice across the back of this Old Country bench brings in the light, airy feel of a garden trellis. Tuck it at the end of a bed for a handy rest stop or push it into the dining area for extra seating. Suggested retail: $525. *Broyhill Furniture Ind., Dept. BH Ogal, Broyhill Park, Lenoir, NC 28633.*

The romantic charm of a garden gate wends its way indoors on this gate-work Veranda bed. For a handy serving tray, remove the table's metal top. Suggested retail: bed, $1,248; tray table, $520. *The Lane Company, Dept. BH&G, P.O. Box 151, Altavista, VA 24517.*





A Tennessee rock that could have been pried directly from a stone wall forms the base of the Natural Fieldstone floor lamp. Suggested retail: $190. *Garden Source, BH&G-5, 200 Bennett St., NW, Atlanta, GA 30309.*

Roman rerun

Rewind the clock to ancient Greece and Rome with classical motifs borrowed from those periods. To give your home timeless elegance, look for scroll, lyre, and column shapes, acanthus-leaf and laurel-wreath patterns, distressed finishes, and gilt.

continued on page Z6



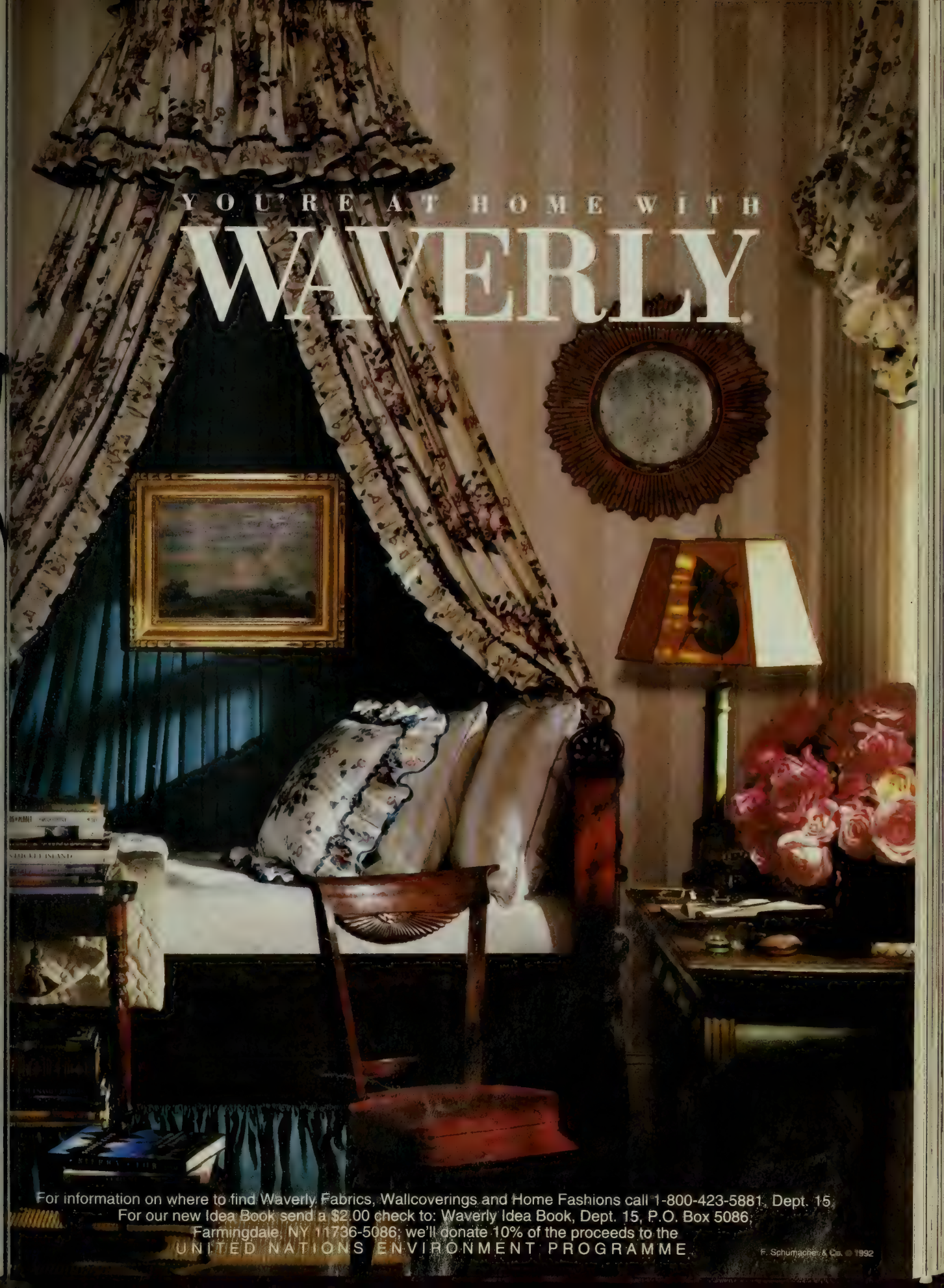
You'll feel as elegant as Cleopatra when lounging against the smooth curves of this slipper chair. Carved scroll shapes on the wood base lend neoclassic style. Suggested retail: $1,425. *Century Furniture, Dept. BH&G, P.O. Box 608,Hickory, NC 28603.*



The classic shape of the iron Smithsonian Campaign table brings ancient style to modern bedsides. At the foot of the bed, it can display blankets. Suggested retail: $259. *Brown Jordan, 9860 Gidley St., Dept. BH&G, El Monte, CA 91734.*



The weathered-looking posts of this Laurel Wreath bed reach up like grand columns. Scenic fabrics from yesteryear, such as the toile de Jouy upholstery on the wing chair, also add nostalgic appeal. Suggested retail: bed, $2,250 as shown; wing chair, $978. *Lineage Home Furnishings, Inc., Dept. BH&G, 4000 Lineage Ct., P.O. Box 11188, High Point, NC 27265.*



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By the seashore

Easy, breezy style characterizes the scene set at a summer beach house. Let relaxed furniture, sea-weathered finishes, water motifs, and bright florals transport you to the waterfront.

continued on page Z8

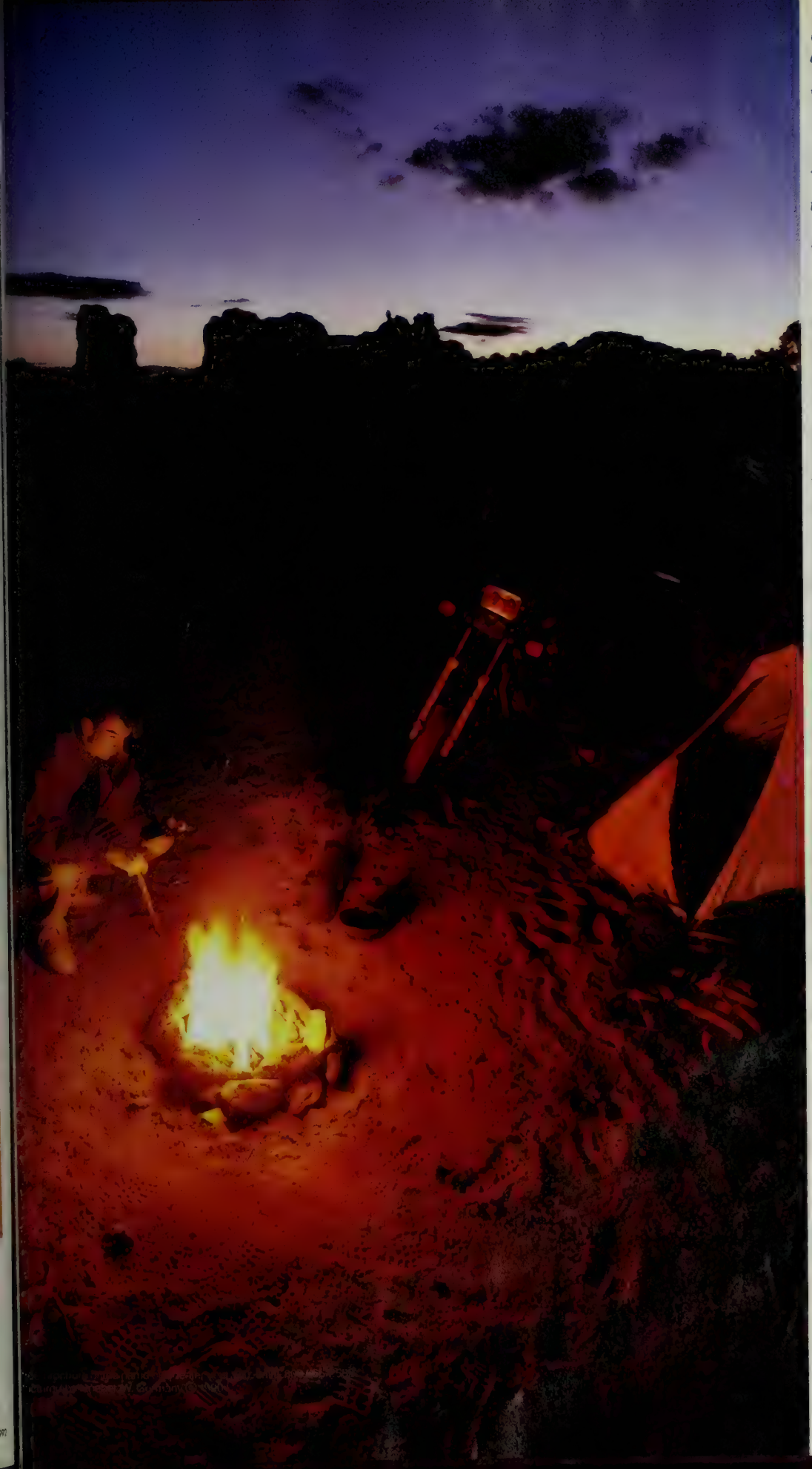
The shutter headboard evokes an image of a wooden gate swinging in the wind. Distressed paint gives the Weekend Retreats pieces their weathered-by-sea-winds appearance. Suggested retail: bed, $520; nightstand, $390. *Lexington Furniture, BH&G, P.O. Box 1008, Lexington, NC 27293.*

Casual as a cotton sundress, this summery slipcover protects the sofa's elegant off-white upholstery while giving the piece a change in mood. No need to put style transformations on hold—the slipcover comes with the sofa. Suggested retail (for sofa and slipcover): $4,700. *Drexel Heritage Furnishings, Dept. BH&G, Drexel, NC 28619.*





Drama and romance combine in these oversize wooden candlesticks speckled with seaside colors. Suggested retail: 13½-inch-tall candlesticks, $38 each; 20 inch, $48. *Adrien Linford, 1320 Madison Ave., New York, NY 10128; or Iron Rose, 9212 Sonoma Highway, Kenwood, CA 95452.*



She worried
whenever he rode
"that dumb motorcycle."
A ten minute ride
to the supermarket and
she was a bundle of nerves.
So, when John Drimmer
announced his plans
for a cross-country trip
to Seattle and back,
he expected some resistance
from his mother.
Surprisingly, though,
she just smiled
and gave her blessings,
calling the journey
a valuable life experience.
After nine days on the road,
John stopped at a gift shop
for a Mother's Day present,
something special
that would express
his appreciation for her love,
understanding, and
abilities as
an actress.



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of affection.



Put an empty wall to work with an extra-wide three-drawer display shelf. This one is 36 inches long and 8 inches deep. Suggested retail: $94. *Elden Country Affaire, 1170 N. Main St., Orange, CA 92667.*



Here, nostalgically carved and naively painted furniture from Thomasville mixes with Quaker Lace curtains and Waverly's crisp yet romantic fabrics and wallpaper border to give this room the feel of a backroads inn. The mix of furnishings and finishes (and even of the floral bedding with the Valdese Weavers' striped upholstery fabric) creates the look of an old family home. (Fabrics treated with 3M Scotchgard Fabric Protector.) *Thomasville Furniture Ind., P.O. Box 339, BHE5, Thomasville, NC 27360.*

Country getaway

Newly made furnishings and accessories in a romantic mix of styles can help you get away to a cottage in the country every time you walk through your bedroom door. Gather pieces with painted finishes, soft shapes, and homespun character.

continued on page Z12



Get the casual mood of a country room by throwing in the unexpected. Instead of a night table, use a painted wooden box on metal legs for handy storage at bedside. Suggested retail: $435. *Habersham Plantation, P.O. Box 1209, BH&G, Toccoa, GA 30577.*

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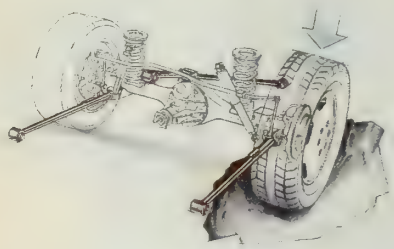
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THE 5TH UNWRITTEN LAW OF DRIVING

IF THERE IS A HOLE IN THE ROAD YOU WILL HIT IT.

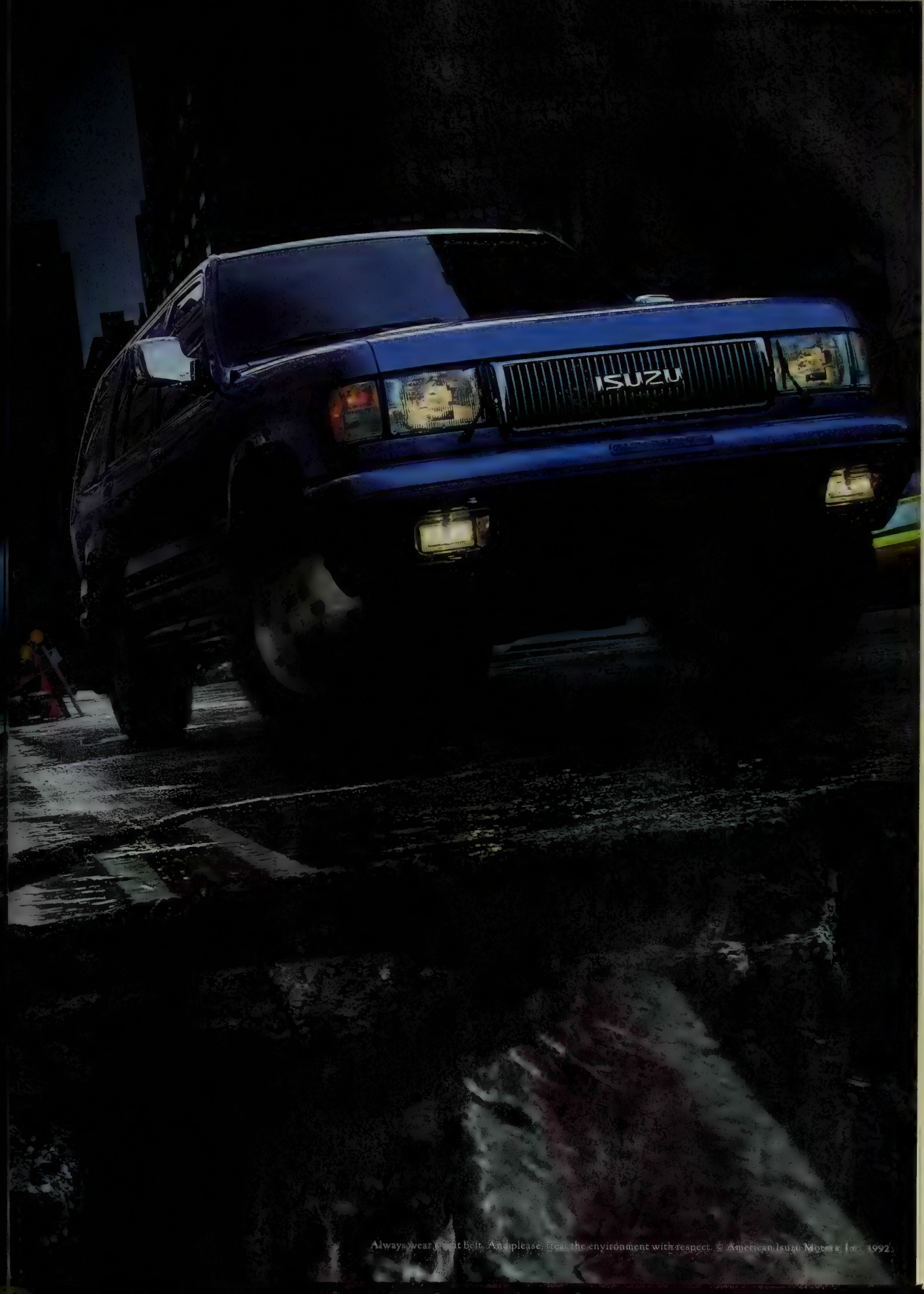
A HOLE ON PIKE'S PEAK
IS NO DIFFERENT THAN A HOLE ON PARK AVENUE.
HENCE, THE TROOPER'S NEW REAR
MULTI-LINK/COIL SUSPENSION



The new Isuzu Trooper has been thoughtfully redesigned around a rather jarringly obvious point: city infrastructures are falling apart. Which tends to make driving on the road feel a lot like driving off the road, which is why the new Trooper is equipped with an incredibly smooth, quiet suspension system that doesn't know the difference.

ISUZU

Practically/*Amazing*



Always wear your seat belt. And please, treat the environment with respect. © American Isuzu Motors Inc., 1992.

A simple character

Recall the essence of the simple life with a Shaker-style room. Beautiful wood grains and construction details you can see take the place of ornamentation on Shaker furniture. Mix in crisp stripes, bold color, and refined accessories for coziness without clutter.

continued on page Z14



To simplify your style, look for pieces with quiet details, such as the beveled glass, square corner blocks, and arched top on this American Impressions mirror. Suggested retail: $249. *Ethan Allen, Inc., BH&G, Ethan Allen Dr., Danbury, CT 06811-5247.*



Inspired by bold, beautiful Amish quilt masterpieces, a hand-stitched Center Square quilt serves as an eye-stopping bedcover. Suggested retail: full size, $150. *Pier I Imports, P.O. Box 961020, attn. Joy Purcell, Fort Worth, TX 76161-0020.*

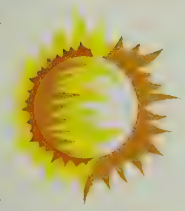


Precise lines give strength and character to the Natural Transitions pencil-post bed. A transparent green finish accents the drawers of the tables and chest without spoiling the simple lines. Suggested retail: queen-size bed, $1,725; table, $612; chest, $1,295. *Harden, Millpond Way, P.O. Box 12, McConnellsville, NY 13401.*

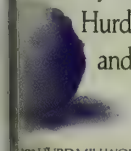
What To Look For In A Window.



If you're concerned with
ar 'round comfort, fading
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More comfort in any climate.
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posures, you can "tune" your home with
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Close a Hurd window and you reduce outside noise by up to 95%. That's the quietest of any standard residential window.



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or tinted windows—Hurd protects without blocking natural light or dimming your view.

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Decorating at retail

continued from page Z12

Shopping tips for furniture and bedding



Coral Reef bed linens from Sheridan: 800/777-9563.

UPHOLSTERY

Before you sink your money into a cozy new sofa or a plump new chair, inspect the quality and durability of the piece. Here's what to look for:

Cushions, which are made from a sandwich of several filling materials, usually have polyurethane foam at the core. Wrapped around the foam, you'll find natural down, synthetic fiber filling, or a combination of the two. Down, the softest of all filling materials, also costs the most and needs the most fluffing to keep its plumpness. Although it's wonderfully fluffy, down isn't the best buy. Fiberfill—the filling used in most pillows—feels just as good as down when it's used for upholstery cushions, costs much less, and needs less fluffing than down. Avoid upholstery pieces that aren't well padded. In poorly padded pieces the foam is right under the fabric and you may be able to feel the fabric sticking to the foam.

Springs add extra bounce within the cushions of spring-down cushions (seat cushions with springs inside the foam). Available only on expensive pieces, spring-down cushions are built like innerspring mattresses.

Coil springs or Z-shaped sagless springs support the deck on which the cushions rest. Eight-way hand-tied coil springs (each spring is secured to the frame in eight places) are the most durable; next are drop-in coil springs. The least expensive and least supporting are Z-shaped sagless springs.

Fabrics with woven designs usually are stronger than prints. Although fabrics of higher grades (or quality) generally cost more, an intricate print or a large repeat pattern can add greatly to the cost of a piece regardless of the fabric grade. Look for upholstery with stain-resistant chemicals added at the fabric mill. They offer the best protection because mills can cover fabrics more completely than retailers can. Additional stain-resistant treatments are unnecessary: They can react poorly with the chemicals added at the mill and, in some cases, actually lower stain resistance.

Slipcovers, an increasingly popular option, usually add several hundred dollars to the price of a piece. Use a slipcover with a new sofa for a seasonal change. The covers also add longevity to upholstery because they save on wear and tear. Most slipcovers need to be dry-cleaned, but some are designed for regular washing.

Frames of kiln-dried hardwoods with dowels at the joints—instead of screws—last the longest. To test a frame's strength, lean on it from behind and lift one end. When you sit down, sit back hard and bounce on the seat several times. It should be solid, free of wobbles, and silent.

BED LINENS

To evaluate the quality of sheets, pillows, and comforters, look at materials and construction.

Sheets usually contain a 50/50 blend of cotton (for softness) and polyester (for durability and wrinkle resistance). Those with a higher cotton content generally cost more.

Thread count (the number of threads in an inch of fabric) influences the smoothness and strength of a sheet. Percales must contain a thread count of 130 or more, although most good-quality sheets have a thread count of a least 180, and thread counts of 200 are becoming more and more common. Muslins (sheets with thread counts of less than 130) are rare, but you'll find them in children's lines—especially novelty prints.

For sheets with the luxurious feel of 100-percent cotton but the easy care of polyester, buy sheets with some polyester and a high thread count.

Pillows filled with down or a mixture of feathers and down are the most luxurious and expensive. Synthetic fiberfill offers an affordable alternative with the advantage of being nonallergenic. Synthetic pillows come in several degrees of firmness, although any pillow you buy should be odorless, plump, and free of lumps. To test durability, hold the pillow firmly at one end and give it a good shake to make sure the filling doesn't wad or bunch.

Comforters come in floor length or a shorter length meant for use with a dust ruffle or on a bed with meant-to-

continued on page Z16

"The most beautiful home in the world is the one you make for your family."

KATHIE LEE GIFFORD





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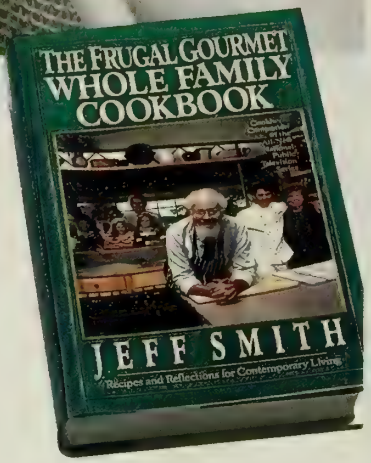


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Decorating at retail

continued from page Z14

be-seen side rails (whether it's a Shaker four-poster or a sleigh bed). A comforter traps and holds body heat in its filling, making fluffiness a more important trait than weight when you're evaluating a comforter for warmth. Like pillows, comforters are filled with down, a mixture of down and feathers, or polyester fiberfill. Down is the warmest filling and the most expensive. The easiest to care for are synthetic comforters.

MATTRESSES

You'll find a wide range of prices and varying degrees of quality within each category of mattress. Choose the type—innerspring, foam, or water bed—that feels best to you, and use these guidelines to evaluate quality:

Innerspring mattresses get their spring from sets of coils encased in padding and covered with ticking. Some top-of-the-line mattresses have an extra pillowy pad on the sleeping surface for even more cushioning. An innerspring mattress might have interlocking or independent coil construction; the difference between them is a matter of personal preference. To test for quality, feel for lumps and sags, and listen for squeaks.

Foam mattresses with higher densities (the proportion of polyurethane to air) give the best support. The core of a foam mattress should have a density of at least 1.8 (1.8 pounds of polyurethane per square foot).

A water bed basically consists of a vinyl bag filled with water and placed in a special frame. A hybrid or soft-sided water bed has a core of water encased in padding and does not need a water-bed frame. A hybrid eliminates the distinctive wave motion of a standard water bed while retaining body-conforming qualities. Hybrid water mattresses cost much more than standard water mattresses, but for standard water beds you need to buy a special frame and sheets, which can equal out the price difference if you already own a regular bed frame.

Gaze in wonder at an underwater paradise!



Shown smaller than actual size of 8¼" in diameter.

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by Robert Lyn Nelson

limited first edition collector plate trimmed in 23kt gold

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HSP Allow 4 to 8 weeks after initial payment for shipment.

GARDENER'S ALMANAC

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A
Y



PHOTOGRAPH: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM

EDIBLE ORNAMENTAL

At home in either the flower border or vegetable garden, eggplants are now available in a myriad of exciting sizes, shapes, and colors. Set young eggplants into the garden after all frost danger has passed. Be sure to choose a hot, sunny location and feed your crop once a month with a balanced fertilizer. Space plants 2 feet apart.



PHOTOGRAPH: MIKE JENSEN. REGIONAL EDITOR: TRISH MAHARAM

FLOWERY FOUNDATION

Looking for a way to make your entry more appealing? Just enlarge the beds by your front door and pack them with easy-care annual and perennial flowers. Here, white cosmos, orange daylily, pink astilbe, lavender impatiens, and pink rose create a welcome mat of color. Once established, these plants need little attention.

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON



PHOTO: ERNEST BRAUN. REGIONAL EDITOR: HELEN HEITKAMP

LIVING WREATH

This summer, dress a doorway or garden wall with a living wreath. Planted with hardy succulents like sedum and sempervivum, the wreath can be grown outdoors year-round where winter temperatures stay above 20 degrees F. In colder climates move your wreath indoors for the winter. Finished wreaths, do-it-yourself kits, and succulent cuttings are all available from Teddy Colbert's Garden, 2210 Wilshire Blvd., Suite 187, Santa Monica, CA 90403. (Send SASE for a complete price list.) Or, call [illegible] 833-3981.



PHOTOGRAPH: RANDOLPH FOULDS. GARDEN DESIGN: THE VICTORY GARDEN. REGIONAL EDITOR: ESTELLE BOND GURALNICK

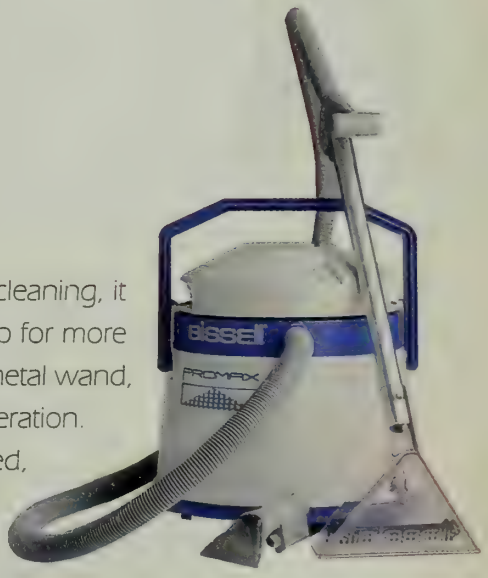
SHOWCASE YOUR ROSES

For nonstop garden color bring your roses into the act. Instead of planting them in a corner by themselves, move the roses to center stage with a medley of annuals as partners. Just remember to choose your roses' companions carefully. Ideally, their blooms should complement, not compete, with the roses' performance. Here, a window box filled with pink geraniums and violet pansies mirrors the color scheme of the ageratum and Bonica rose below.



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Bissell Promax deep-cleaning carpet cleaner. The ultimate in deep-cleaning, it starts where the vacuum stops. Features a new, high-pressure pump for more professional results. And, an upholstery tool for most fabrics. Plus, a metal wand, deluxe grip, no-faucet hookup, and instructional video for ease of operation. Full two-year warranty. All at a low Kmart price. The quality you need, the price you want.

GARDENER'S



ALMANAC



WATER CREATIONS

INSTANT WATER GARDEN

Ideal for deck or patio, the Decorative Cedar Pond from Water Creations comes with everything you need to create a water garden in just minutes. The kit includes a predrilled cedar framework, PVC liner, pump, filter, and fountain. For more information, write: Water Creations, Des Moines Feed, 2015 Hubbell, Des Moines, IA 50317.



PETER KRUMHARDT

ALPINE IVY GERANIUM

Alpine ivy geraniums, colorful new offshoots of this popular family of annuals, will fit right in among your old-fashioned flowering favorites. Displayed in a planter box on a sunny windowsill, the trailing, compact plants of Pink Decora offer single, candy-pink blooms all summer long. Other Decora colors include red, lavender, and rouge. For a catalog containing hundreds of different geranium varieties send $2 to Shady Hill Gardens, 821 Walnut St., Batavia, IL 60510.



PHOTO: MIKE MORELAND; REGIONAL EDITOR: RUTH REITER

GROWING GREAT GLADIOLI

To produce a constant supply of gladioli Roy Wyatt, our southern test gardener, plants new crops of corms at regular intervals in his cutting garden. "Individual gladiolus flowers don't last long, so I plant a dozen or so new corms every two weeks," says Roy. Because Roy lives near Atlanta, he's able to start these cold-tender beauties sooner than northern gardeners. "Generally I can plant my first corms in early April when late frosts aren't a threat," says Roy. "In the northern part of the country you should wait until at least mid-May." For best results, Roy plants only jumbo-size corms. "Large corms may cost more, but they always develop the biggest flower spikes," he says.

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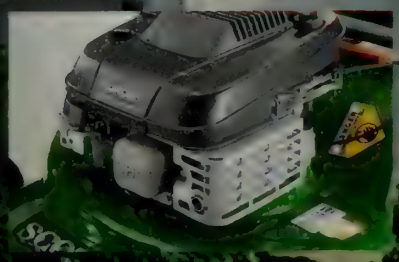
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Model shown is C2105530



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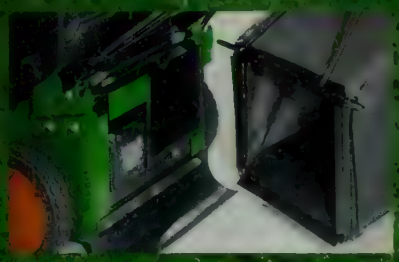
SOUNDS OF THE GREAT OUTDOORS!



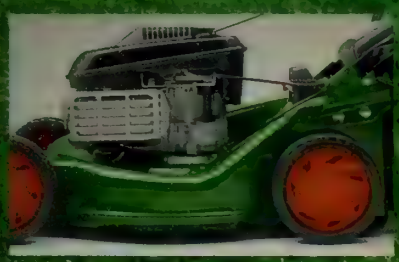
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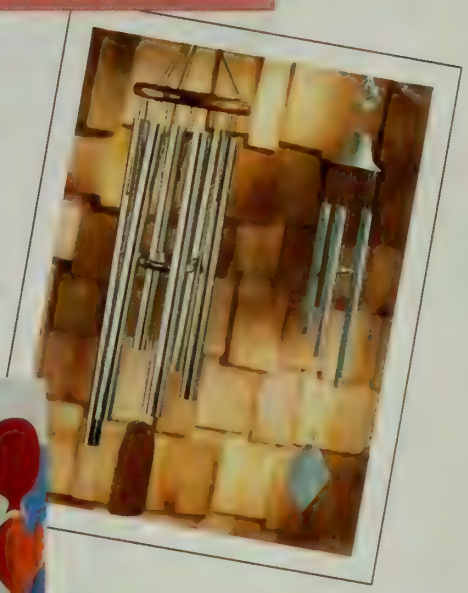


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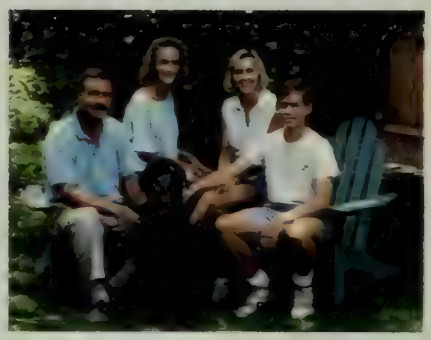
OUR ENVIRONMENT

BY

DOUGLAS JIMERSON

Welcome WILDLIFE

Birds, beasts, and butterflies find safe haven at Pat and Jack Bowman's lush 3-acre, seaside garden.



Pat Bowman with her husband, Jack, children, Jessica and Lance, and Bow, the dog.

For Pat Bowman of West Cape May, New Jersey, life's joy lies in creating a garden that's as attractive to her wildlife neighbors as it is to people. Pat, her husband, Jack, and children, Jessica and Lance, have worked hard to create a private retreat where insects, birds, and other creatures peacefully coexist. "When we bought this place 11 years ago, the lot was a solid thicket of vegetation," says Pat. "The undergrowth was so dense Jack had to climb a tree just to see the boundary lines."



As they cleared the land to build their dream home, the couple left much of the natural vegetation intact. "I don't believe you should bulldoze everything in sight and then replace the lost vegetation with non-native species," says Pat.

As they worked, the Bowmans were especially careful not to damage any of the resident trees, shrubs, or vines—species like wild cherry, red cedar, sour gum, sumac, bayberry, elderberry,



Native trees such as wild cherry and sassafras provide food and cover for a variety of animals. Beneath the trees Pat grows shade-tolerant domestic plants such as hosta, Siberian iris, vinca, astilbe, daylily, azalea, ajuga, and crocosmia.

PHOTOGRAPHS: BILL STITES

"You don't have to live in the country to attract wildlife. Even a small lot can become valued habitat with a mix of plantings."



Hungry insects make a beeline for Pat's nectar-rich flower border. Flowers include: daylily, buddleia, liatris, lady's mantle, lythrum, helianthus, pansy, Queen Anne's lace, and iris. Also, yarrow, globe thistle, lamb's ears, ajuga, anemone, mullein, chrysanthemum, sage, coreopsis, drumstick allium, false dragonhead, cranesbill geranium, rudbeckia, goldenrod, Autumn Joy sedum, peony, goatsbeard, milkweed, and aster.





Buddleia, commonly called butterfly bush, draws monarchs from all over Cape May.



Instead of confining her herbs to a garden by themselves, Pat mixes her favorites with a bug's banquet of other plants. Herbs include: oregano, borage, dill, parsley, sage, thyme, rosemary, fennel, catmint, and lavender.

The rest of the garden contains artemisia, coneflower, foxglove, Russian sage, drumstick allium, sedum, mallow, zinnia, monarda, verbena, lamb's ears, peony, calla lily, yarrow, Queen Anne's lace, and rose.

holly, hawthorn, sassafras, serviceberry, dogwood, Virginia creeper, wild grape, pitch pine, and mulberry. "Wherever possible we left every tree in place, even the dead ones—there's so much habitat built into a dead tree," says Pat. In fact, one of her favorite trees has been dead for several years.

"When we moved here, our first impulse was to cut down the large dead sour gum tree that sits next to our pond," says Pat. "We decided to let the tree stand and soon discovered that it's the perfect spot for hawks, ospreys, woodpeckers, herons, and kingfishers to perch. The tree gives both the birds and us a great view."

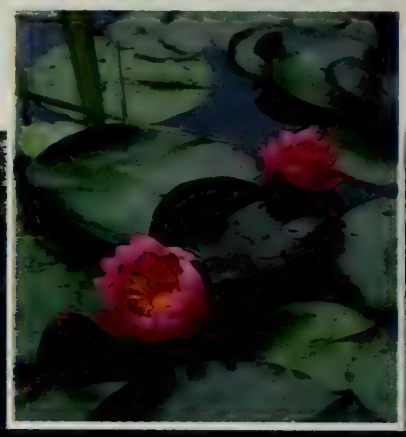
Once the house was built, Pat went to work developing the gardens. "Because I'm an avid beekeeper I wanted to include a variety of nectar-rich flowers in the garden," says Pat. "I made lists of the bees' favorite plants, both domestic and native, and planned the flower borders around them." For continuous bloom, Pat also plants a mass of each species. If one or two plants die out, others remain to keep the borders attractive all season long.

Creating different habitats is important if you want to entice a diversity of species. For the Bowmans this meant digging out a low, barren wet spot as a site for a small freshwater pond. "Our pond lies just a few yards away



An avid beekeeper, Pat maintains hives throughout her garden. "Everyone benefits in this garden! The bees get the nectar, the plants get pollinated, and we get to share the delicious honey," says Pat.

The Bowmans created a small pond in their backyard by digging out a low-lying wet spot. The pond attracts birds and insects that otherwise might not visit. Sunfish, bass, turtles, and frogs are year-round residents. Both tropical and hardy water lilies add summer color.





"Take a cue from Mother Nature and plant your garden in vertical layers. Use ground covers on the bottom level, shrubs for understory, and trees as the canopy."

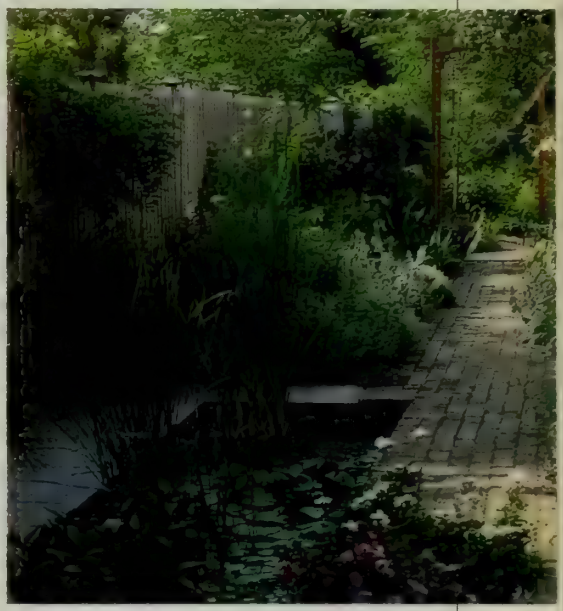


An Eastern box turtle (*above*) rummages through Pat's flower borders looking for a meal. Box turtles are always welcome in the garden because they eat destructive slugs.

Tiger swallowtail butterflies (*below*) are regular customers in Pat's annual borders. Pat has discovered that three of their favorite flowers are Cut and Come Again zinnias, Goldfinger tithonia, and butterfly bush, *Buddleia davidii*.

from the neighboring salt marsh so it attracts both fresh- and saltwater birds," says Pat. "One minute there'll be a freshwater species like a kingfisher and when you look again, you see a snowy egret or some other bird from the salt marsh."

Of course birds aren't the only animals you can attract with water. In the Bowmans' pond bullfrogs, green frogs, snapping turtles, painted turtles, sunfish, and bass are thriving. Even the tiny lily pond Pat added to her side-yard garden is alive with frogs, toads, fish, and insects.



Pat's side yard is a smorgasbord of domestic, native, and aquatic plants. Animals can feast on violet, iris, lily, hydrangea, rose, ornamental grasses, lamb's ears, rosemary, daylily, rudbeckia, coreopsis, and nigella.

Also, Dragon's Blood sedum, monarda, ajuga, liriope, catmint, honeysuckle, Bradford pear, Korean lilac, smokebush, and winter jasmine. Water lily, cattail, miniature cattail, and pickerel weed grow in the small pool.

Islands of native vegetation throughout Pat's garden have been supplemented with domestic plants that wildlife enjoy. "Generally, we'll leave the native areas alone, but if there's a bare spot, I'll stick in some ground covers or a fruit-bearing shrub like autumn olive," says Pat. "Never underestimate the value of ground covers like ajuga and vinca. They provide cover for a host of insects, frogs, toads, and other critters."

To keep her garden in top form Pat applies compost and rotted manure in the autumn. "I generally like to fertilize my flower borders in the fall so that the nutrients have time to infiltrate the root zones of the plants," says Pat. "I don't bother fertilizing any of the native areas because those plants have evolved so that they can take care of themselves in this environment."



Water is provided to the flower borders through a system of soaker hoses buried just underneath the mulch. "We irrigate the perennial border and herb garden with soaker hoses connected to a timer," says Pat. "That way everything is done automatically and I don't have to worry about over- or underwatering the garden."

WELCOME WILDLIFE

During the winter Pat maintains an assortment of bird feeders scattered around the garden. "We keep our feeders filled from November

Lance and his dog, Arrow, spend summer afternoons fishing in the family pond. Both catch and release their prey.



through April," says Pat. "Early spring is probably the most critical time to feed the birds because by then natural food supplies are low."

For more information about attracting birds, watch for our upcoming September issue when we visit Pat's garden again.



Pat always plants extra parsley, dill, and fennel for the black swallowtail caterpillars.



Butterfly Gardening, Creating Summer Magic in Your Garden, by the Xerces Society and Smithsonian Institution, is a complete guide to attracting butterflies. Write, Sierra Club Books, 730 Polk St., San Francisco, CA 94109.



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WELCOME WILDLIFE



Both the wild and cultivated forms of yarrow are favored by insects. Be sure to set out extra plants for indoor bouquets.



Pat encourages small clumps of milkweed to grow in her garden because these wild plants nourish the caterpillars of monarch butterflies.

"Don't destroy native vegetation until you take the time to evaluate its importance to the wildlife in your neighborhood."



Put trumpet vine on the menu if you want to attract hummingbirds and bumblebees. The vines flower from June till August.



A North American native, butterfly weed will lure insects from far and wide.



Tempt butterflies with a mass planting of white or pink coneflower. These hardy perennials bloom all summer long.

TIPS FROM PAT

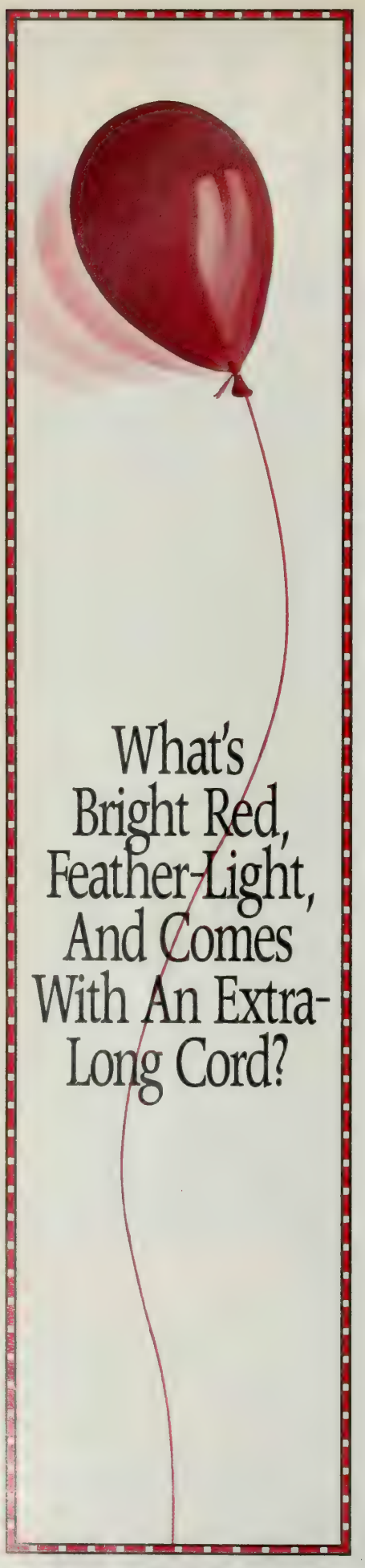
- Do some research. Learn about local plants you can grow that are attractive to wildlife.
- Don't be too tidy. Let the edges of your property go wild with native vegetation.
- If you have enough space, create different habitats—ponds, meadows, flower gardens, and so forth.



- Plant a mix of flowers for a spring-till-fall supply of bloom.
- Because different insects are attracted to different hues, plant a broad range of flower colors.
- Include fragrant flowers and herbs in your garden plan.
- Always plant in mass, not just two or three of each species.
- Learn to tolerate a few weeds like dandelion, thistle, and clover.

Honeybees piqued Pat's interest in insects.


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HOMELESS FAMILIES

BY MARGARET DALY

HOW WE'RE HELPING THE KIDS



GEORGE CEOLLA

Since its creation by the editors of *Better Homes and Gardens*® in late 1988, The Better Homes™ Foundation has raised well over $3 million from the magazine's readers to help homeless families, like those shown on these pages, throughout America.

As we went to press, 94 grants had gone to 70 programs working with homeless families, most with children under age 6, in 29 states. Programs include health care, preschool and day care, tutoring, assistance in life skills and job training, and help with finding permanent housing.

"We could not have done this without the generous support of the BH&G® readers," says Foundation President Ellen Bassuk, M.D. (*above*), associate professor of psychiatry at Harvard Medical School and a leading authority on homelessness and its devastating impact on families.

"The numbers of homeless families continue to be staggering," she says, "but we see progress in many programs. Through our grants and close monitoring and follow-up, we are finding the best ways to anchor families in permanent housing where they can get counseling and other supports as they reenter the community. With such programs, families are learning to break the cycle of homelessness."

To help us help more homeless families, see the Mother's Day gift idea on the next page.



Angela and Scot found temporary housing with the help of the Families Stabilization Project in Portland, Oregon, a joint Better Homes™ Foundation/United Way grant recipient. Angela's part-time job became a full-time one, and the family was able to move into permanent housing.



Ircania and Richie were in a shelter for homeless families when they met Kathy Fitzgerald, a nurse with Health Care for the Homeless in Springfield, Massachusetts. Kathy got medical help for Ircania, who was in great pain with an ovarian cyst, and found the family housing.



Also thanks to Kathy, Maggie and her kids received critical health care and found housing in Springfield. Kathy met the family after they had been burned out of one shelter and moved into another. She also enrolled Maggie's two sons in Head Start, and Maggie is pursuing her GED certificate.

A GREAT GIFT IDEA FOR MOTHER'S DAY

The colorful Kin Pins shown on this page make the perfect gift for your mom, your friends' moms, and any other moms you know—including your kids' mom!

Two samples of these brand-new designs, created exclusively for The Better Homes™ Foundation by Lucinda Yates, are shown life-size here.

For every contribution to The Foundation of $20 or more, we'll send a Kin Pin to you or as a gift in your name. Postage and handling included; contributions are tax-deductible to the extent permitted by law.





BIG BONUS FOR HOMELESS KIDS!

For each pin you purchase, Sara Lee Knit Products will donate a T-shirt to a homeless child in one of the programs supported by The Better Homes™ Foundation.

To order your Kin Pins, send names and addresses, and a check payable to The Better Homes™ Foundation, to:

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Dept. KPMA92
P.O. BOX 9236
Des Moines, IA 50306-9236

Or, call our toll-free line:
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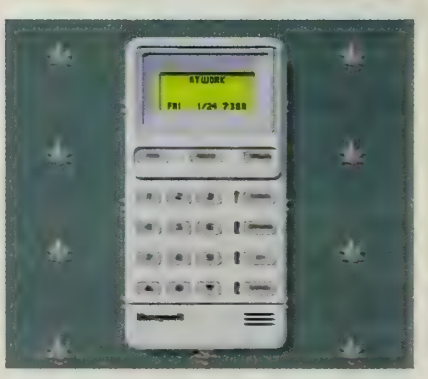
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TotalHome

Helping You Control Your World

America's Best affordable new Homes

BY JOAN McCLOSKEY AND WILLIAM L. NOLAN

Good news, America: New housing that's affordable is still being built—all across the country. Entries in a recent design competition sponsored by *Professional Builder & Remodeler* magazine and the National Association of Home Builders offer convincing evidence. How do today's builders hold down costs on that dream home you've been coveting? We asked this year's winners to share their secrets.

WHAT QUALIFIES AS AFFORDABLE?

A new home is considered affordable if it costs no more than the median price for new housing in the area where you are planning to buy or build (for examples, see figures listed with each home on the following pages). If you're a first-time buyer with no equity to apply, the price should also be no more than three times your household income (the maximum a lender is likely to allow).

Note: Prices quoted were current at time of photography.

affordable homes

southwestern Clas

Tucson, Arizona
Selling price for this house: $91,950
Median price for new housing in this area: $118,773

Sculptured details on this desert ranch in Tucson bring to mind the classically simple yet robust detailing of Spanish mission architecture. Such rich embellishment actually costs very little; the builder substituted built-up foam and stucco for labor-intensive wood trim. Other savings: stock windows and doors, short plumbing runs, minimal hallways, and prefab roof trusses.



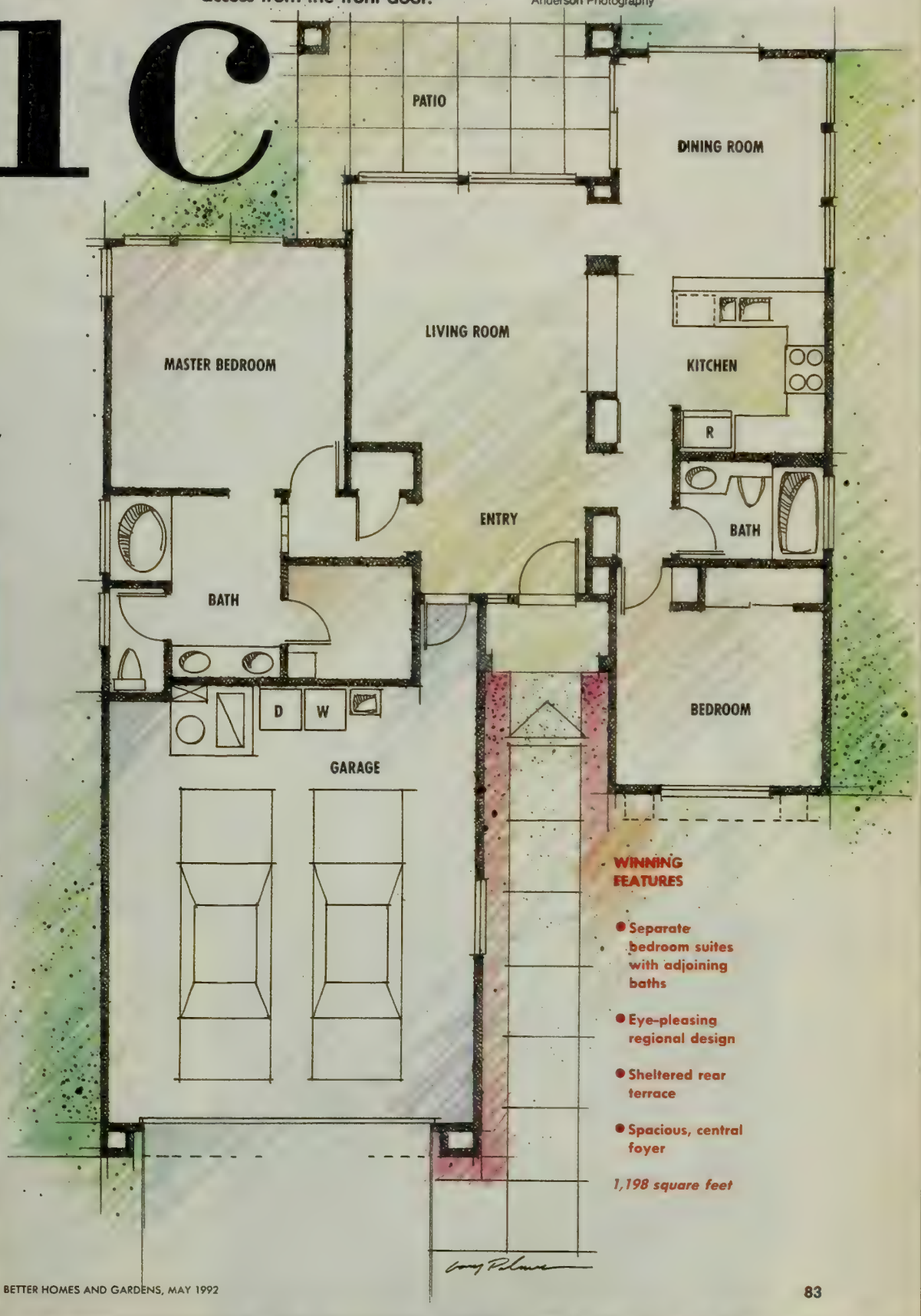
sic

Minimizing hallways yielded a graciously roomy foyer. The sleeping areas are suites; each has an adjoining bath and direct access from the front door.

Architect: Iverson-Wilkinson Architects. Builder: Del Webb's Sun City Tucson. Land planner: WLB Group. Interior design: Designworks, Inc. Photographs: William Anderson Photography



Mission-style boxing, richly sculptured cornices, arched openings, and a recessed entry lend this Tucson ranch a welcome sense of shelter.



WINNING FEATURES

- Separate bedroom suites with adjoining baths
- Eye-pleasing regional design
- Sheltered rear terrace
- Spacious, central foyer

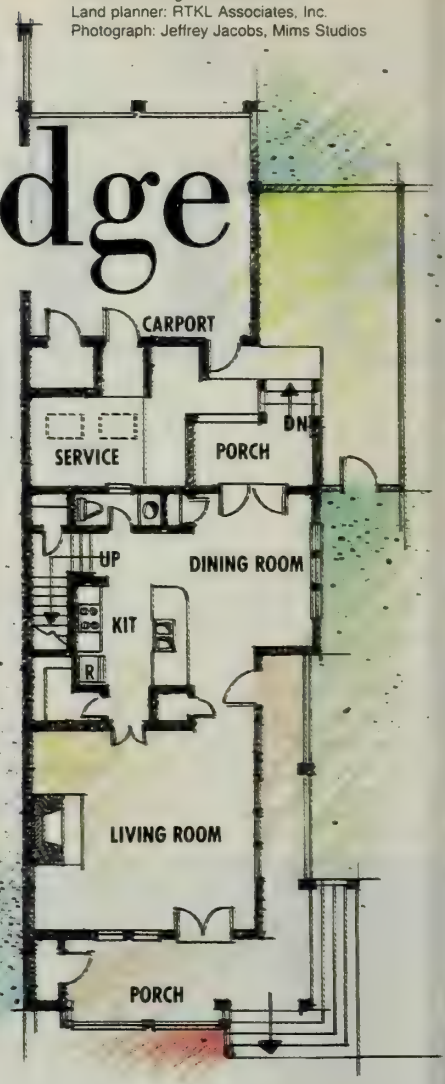
1,198 square feet

Architect: Looney Ricks Kiss Architects, Inc.
Builder: Saratoga Investment Co.
Land planner: RTKL Associates, Inc.
Photograph: Jeffrey Jacobs, Mims Studios

Memphis, Tennessee
Selling price for this house: $160,000. Median price for new housing in this area: $192,500

at the river's edge

Sharing walls with the neighbors shaved costs for this Memphis town home, allowing a little "mad money" for architectural extras. The design harks back to the region's antebellum roots. Broad verandas wrap two sides of the house on both levels, French doors and deep windows topped with transoms capture views of the Mississippi River. Stair-step gables, lap siding, and deep eaves reinforce the Dixie charm.



WINNING FEATURES

- View-scooping windows and French doors
- Space-savvy floor plan
- Ten-foot ceilings on the main floor
- Big porches adjoining the main rooms
- Efficient galley-style kitchen
- Walk-in closets and pantry
- Twin sinks in the master bath

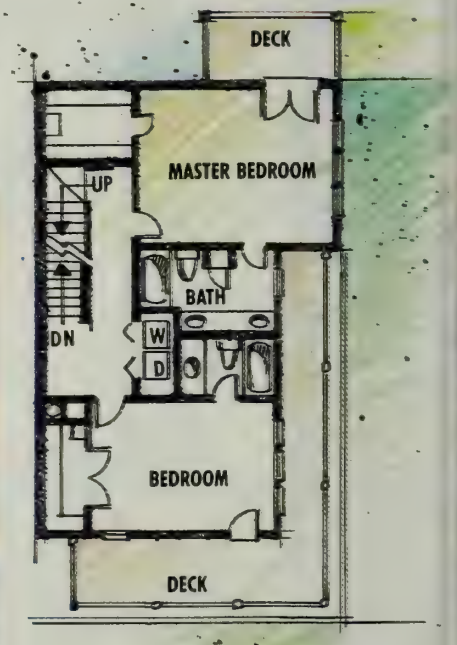
1,855 square feet

Two-story porches stretch between deep bays front and rear, echoing the galleried facades of plantation homes and paddle-wheel steamers. French doors open the main rooms to the porches.

The plan delivers extra spaciousness on a tight urban site. Rooms on both floors are laid out end to end, setting up long interior vistas that make the house seem much bigger than its actual size.

Each bedroom upstairs has its own full bath and walk-in closet, plus tall windows and a private deck overlooking the Mississippi.





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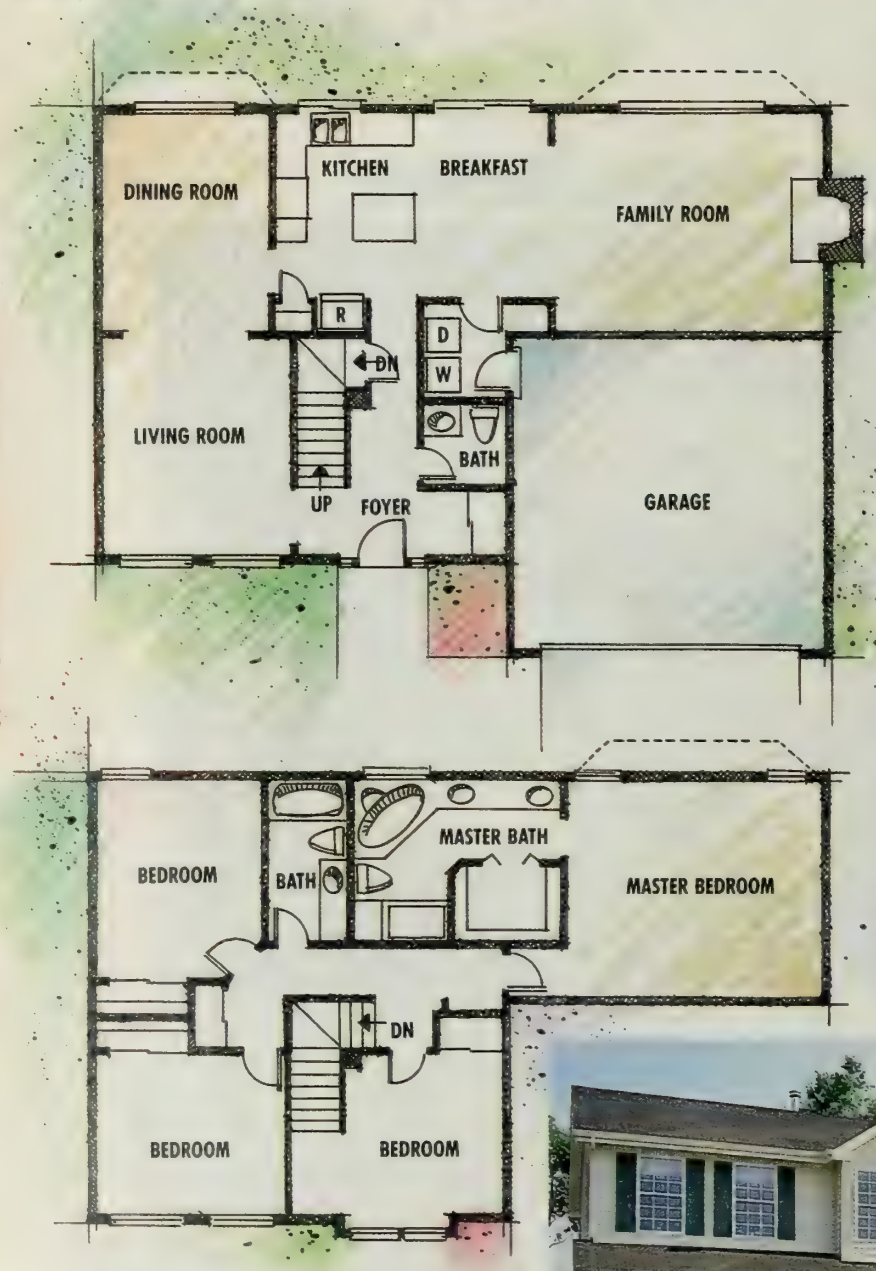
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St. Louis, Missouri
Selling price for this house: $124,900
Median price for new housing in this area: $140,000

down-home flavor

You *can* go home again—to the Clearwater in suburban St. Louis. This home's small-pane window grids, louvered shutters, and welcoming front porch bring back that down-home charm you recall from childhood. Its energy performance will charm you, too; thanks to extra insulation, annual heating and cooling costs total only $650. A big savings for Midwesterners, and a welcome one in any locale.



What says home more eloquently than a big front porch and shutters on the windows? The porch roof and the box bay above it lend homey scale to the two-story facade. Gently arched cornices and small-pane sashes amplify the down-home charm.

Ample square footage in the plan yields two living areas downstairs and a fourth bedroom upstairs. Centering the staircase pared hall areas to a minimum on both floors.

WINNING FEATURES

- Energy-efficient construction
- Neighborly front porch
- Four big bedrooms
- Two full baths and a powder room
- Separate shower and tub in the master suite
- Convenient center hall plan
- Island work area in the kitchen

1,754 square feet



Architectural design: D.L. Design
Builder/land planner: The Jones Company
Interior design: June Roesslein Interiors
Photograph: Michael L. Manxer

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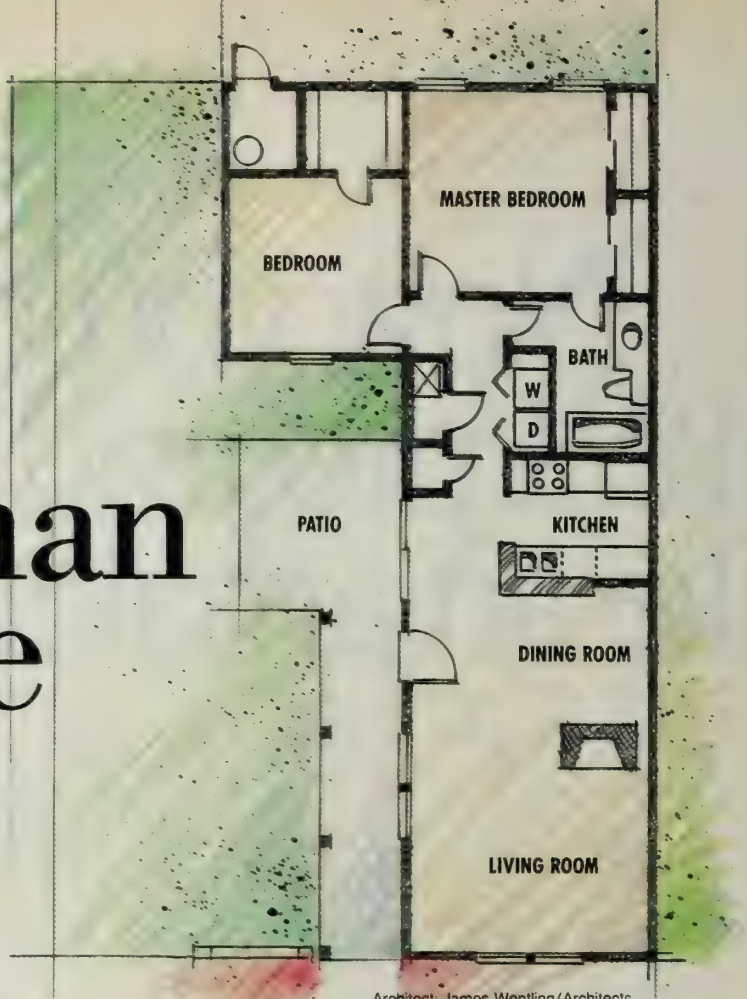
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affordable homes

Durham, North Carolina
Selling price for this house: $59,950
Median price for new housing in this area: $105,000

craftsman cottage

Zero lot-line siting and a compact plan dropped the price of this North Carolina cottage well below the median for new housing in the Raleigh/Durham/Chapel Hill area. Keeping one exterior wall windowless assures privacy for each unit even though the other walls are lined with sliding glass doors. Placing the kitchen and bath back-to-back cut plumbing costs. Inexpensive extras outside dress up the boxlike simplicity: a covered walkway, Craftsman-style trim, and 6-over-6 window grids.



Architect: James Wentling/Architects
Builder: Cimarron Homes
Interior design: Patty Morrison
Photograph: James Wentling

Low-cost design features add streetside personality. The gabled roof extends to shelter the walkway, deep eaves cast appealing shadow lines, and a low wall fronts the courtyard patio.

The L-shaped plan includes one windowless wall, assuring privacy for each unit even though the lots are narrow. Sliding doors open to the courtyard; skylights brighten the bath and kitchen.

WINNING FEATURES

- **Simple rectangular shape minimizes foundation and framing costs**
- **Cottagelike exterior detailing**
- **Covered walkway that doubles as a terrace**
- **Courtyard-style patio with sliding doors opening from the living and dining areas**
- **Short plumbing runs between kitchen, bath, and laundry**
- **Double wardrobe closets in the master bedroom**

928 square feet





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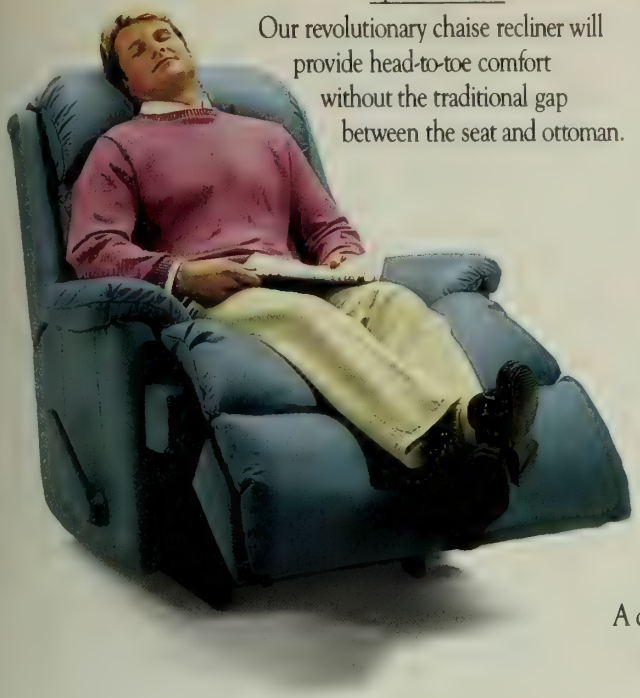
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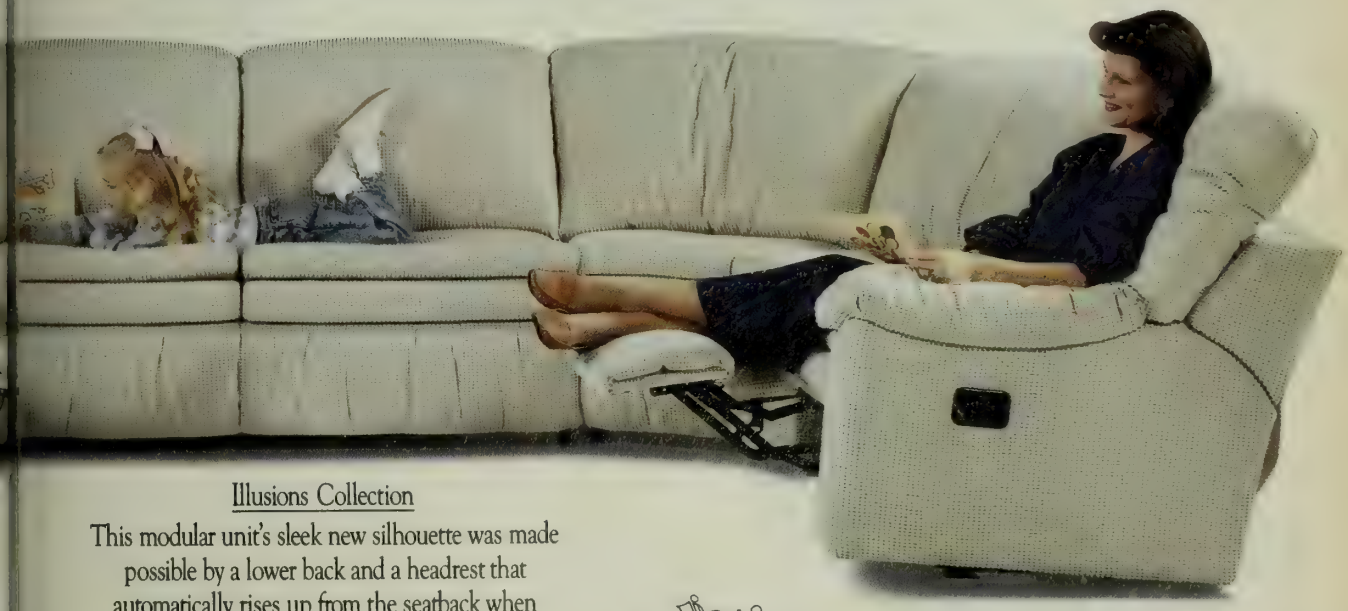
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L E N O X. S I N C E 1 8 8 9.

San Jacinto, California
Selling price for this house: $114,990
Median price for new housing in this area: $136,350

Architect: Gregory J. Hammers Architect & Associates. Builder: Rice Development, Inc. Land planner: NBS Lowry. Interior design: Pacific Dimensions Inc. Photograph: Lance Gordon

mediterranean mode

Inexpensive land and a compact plan helped qualify this handsome California ranch as affordable. There's nothing skimpy about the styling, though; its amply proportioned pillars, elegant Moorish arch, and deep overhangs would turn heads on any street. A deep recess behind the arch shelters the front entry. Inside is a full complement of comforts and convenience, too. The kitchen features a U-shaped work area, and the master suite includes a separate tub and shower.



WINNING FEATURES

- Classic styling
- Optional third bedroom
- Two full baths
- U-shaped kitchen
- Double attached garage
- Sheltered, recessed entry
- Spacious master bath

1,314 square feet



Moorish influences lend the Inspiration an exotic old-world flavor. White stucco walls and blue roof tiles play up the home's Mediterranean design theme.

Minimal partitions let the main rooms flow together, setting up spacious interior vistas that belie the plan's modest size. The den could be an office or a third bedroom.


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your spine
and back up again.
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elegant stretch

Trabuco Canyon, California. Selling price for this house: $163,900. Median price for new housing in this area: $286,705

Architect: Berkus Group Architects. Builder: The Baldwin Company. Land planner: J.P. Kapp & Associates. Interior design: Yeiser-Garland & Associates. Photograph: Robb Miller

Pricey tracts in this West Coast community prompted a bold design strategy: cluster several two-story units behind their garages, then piggyback another unit onto the garages out front. Result: lower development costs per unit. Despite the tight siting, each two-story model offers soul-satisfying stretch: a deep courtyard between the entry and the street, and a soaring central space over the living room and stairwell. Angled walls orient the main rooms to green-space views.



The main room angles its two-story window wall toward the view. Private suites upstairs share a diagonal balcony that overlooks the living room.

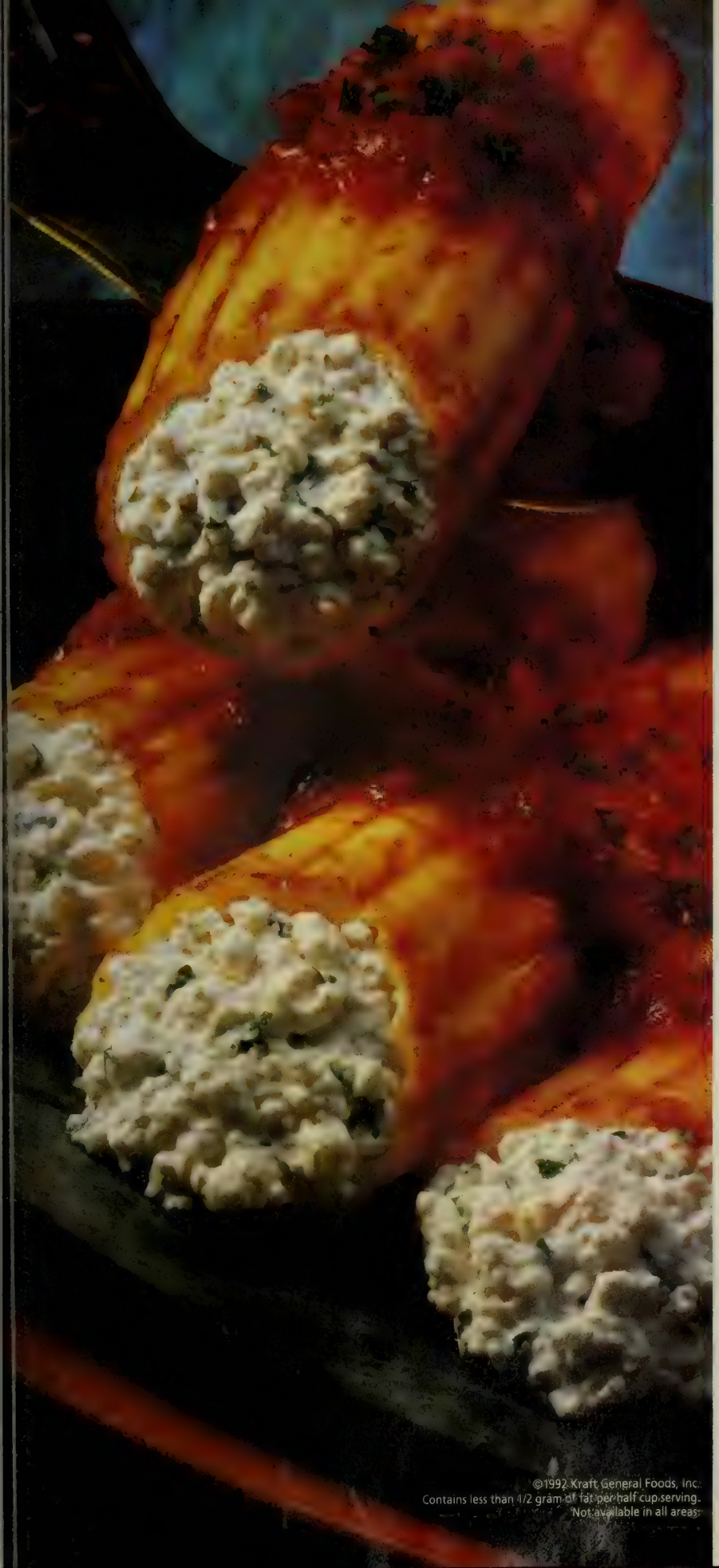
A one-level unit piggybacks on the garages of the other units, paring back development costs per unit. Deep courtyard entries link the two-story units with the street.

WINNING FEATURES

- Budget-savvy site plan
- Formal dining area
- Two-story window wall overlooking a park
- Three bathrooms
- Two private suites upstairs
- Laundry/mud room
- Attached double garage
- Optional third bedroom suite
- Walk-in closet in the master suite
- Eat-in kitchen
- Dramatic 18-foot-high central space

1,303 square feet





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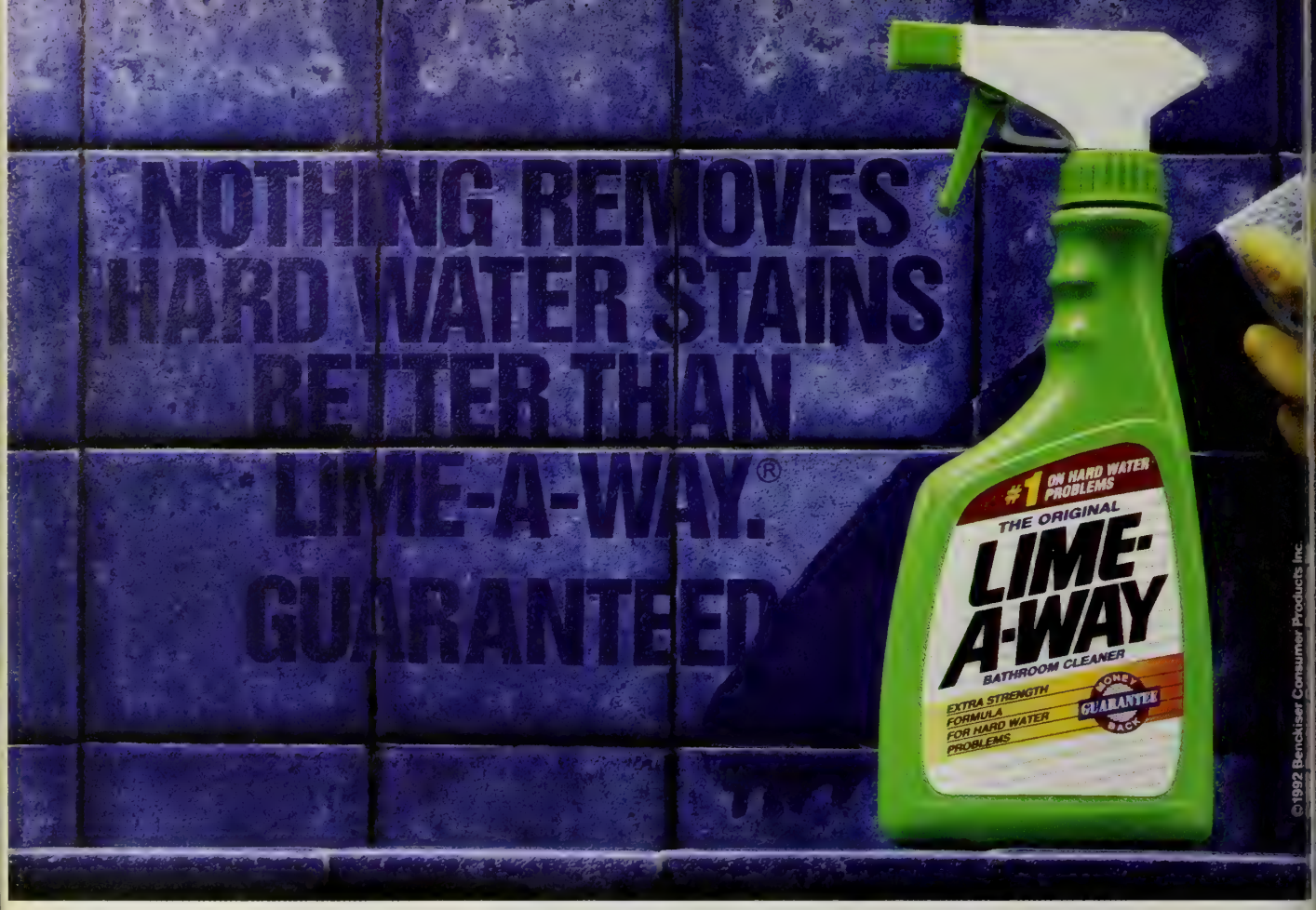
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affordable homes

solid comfort

For the price of a double-wide mobile home, the Sable Key offers custom-style comfort. Cost-cutters include panel-wall construction and simple rooflines. Smart planning inside yielded two private bedroom suites, a pillared foyer, and a laundry/mud room.

WINNING FEATURES

- Screened lanai adjoining the main room
- Walk-in closets
- Spacious foyer
- Sheltered front entry
- Two full baths
- *1,275 square feet*

Lady Lake, Florida
Selling price for this house: $65,995. Median price for new housing in this area: $80,400





Architect: Bloodgood-Sharp Architects & Planners. Builder: Orange Blossom Communities. Land planner: Parker & Grant. Interior design: Sharon Morse. Photograph: Mark Mickunas

ranch romance

Under $70,000 in suburban Dallas? The almost-square plan slashed construction costs, and volume purchases of materials netted more savings. The payoff includes two baths and two eating areas.

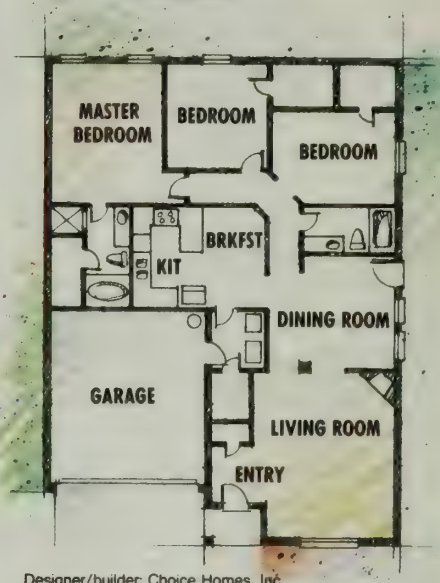
WINNING FEATURES

- Walk-in closets
- Formal dining room
- Arched opening in the entry
- Centrally located kitchen

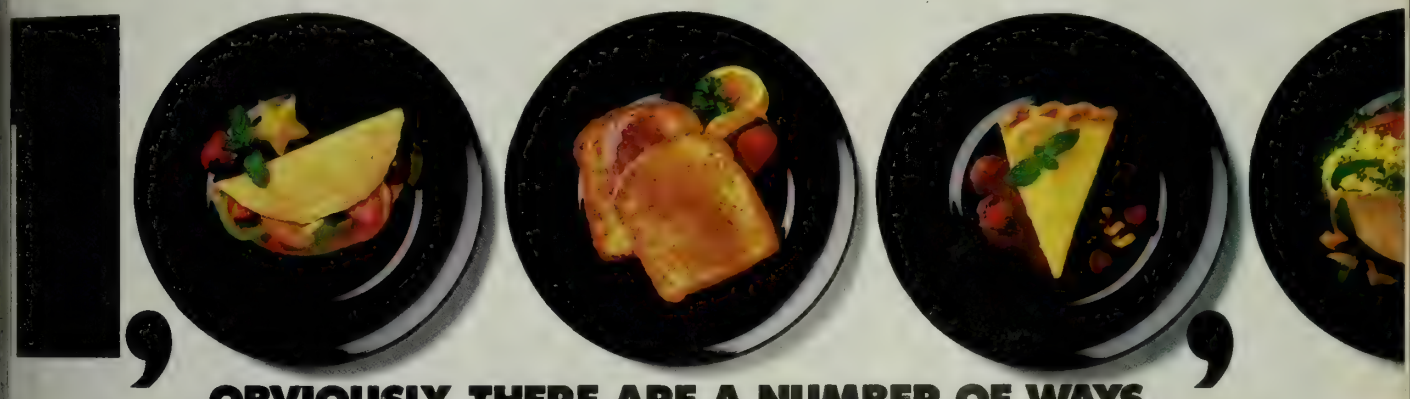
1,595 square feet

Arlington, Texas
Selling price for this house: $69,950
Median price for new housing in this area: $130,300





Designer/builder: Choice Homes, Inc.
Interior design: Design West
Photograph: Ron St. Anglo, for Choice Homes, Inc.



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colonial spirit

Clayton, New Jersey
Selling price for this house: $99,900
Median price for new housing in this area: $120,000

True to the spirit of its colonial forerunners, the Americana harbors ample room for the whole family within a classically simple, pleasingly spare two-story design. The main structure is a cube, which encloses the maximum square footage possible.

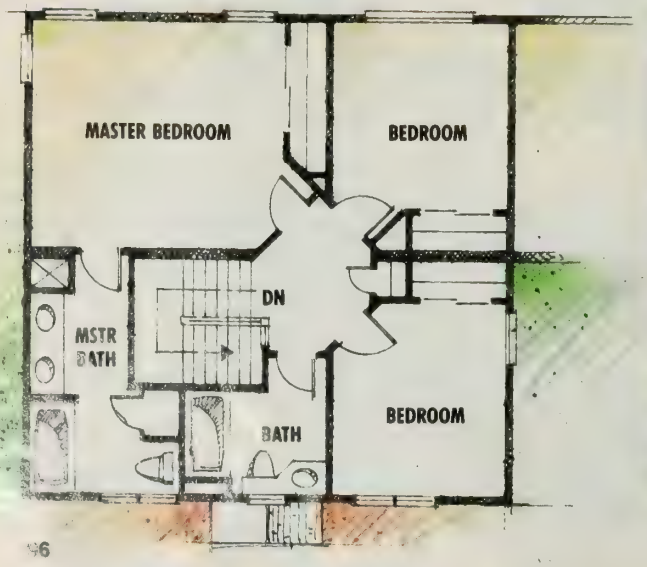
Yesteryear's builder knew the economies of box-shaped design, but the builder of this house went a step further by assembling the house with factory-built modules. This approach reduced waste and eliminated costly weather delays, theft, and vandalism at the site.

WINNING FEATURES

- Spacious kitchen/family/eating area
- Classic colonial styling
- U-shaped work area
- Central staircase
- Formal dining room

1,540 square feet





Architect: Berkus Group N.W. Builder: DKM Building Enterprises.
Interior design: The Childs Dreyfus Group.
Photograph: Fred Forbes

Fluted pilasters, narrow lap siding, and 6-over-6 window grids complement the Americana's crisp, clean lines.

The plan puts a fresh spin on colonial charm by angling the center hall to create diagonal vistas on the main floor.



Buying information, see page 174



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A BACKYARD HAVEN IN THE WOODS

Weekends are made for outdoor gatherings, say Dick and Terri Bowman. From early spring to late fall, they keep the "home fires" burning in their backyard fire pit for frequent houseguests. Every Saturday morning, Dick gathers fallen branches in the woods surrounding their Minneapolis home and builds a fire that burns all weekend. "It's something we do for our own enjoyment and for the pleasure of friends," he says.



To avoid damaging the oak tree during construction, the deck was carefully built around the trunk. Planting boxes bordering the tree discourage people from trampling its roots.



The fire pit is constructed of fire-hardened brick for safety. (Before you build a fire pit, check with your city's codes.) When it's not in use, a wooden lid covers the pit so no one will stumble into it.

When Dick bought the house, the backyard was little more than a steep grassy knoll that dropped from the house to the edge of the forested property. It wasn't until he and Terri were married several years later that they decided to turn the area into an "outdoor living room."

Though they sacrificed a few scraggly trees for their new retreat, the couple insisted on saving a giant oak that brings welcome shade to the back of their house. The solution: a cantilevered deck that surrounds the tree well above its root system.

Three terraces step down the hillside. The fire pit sits in the center of the lowest level, a brick patio with built-in perimeter seating. "It's a great place to spend lazy hours enjoying the woods," says Dick.

Photographs: Susan Gilmore. Landscape design: Dale Gustafson. Regional editor: Sharon Ross

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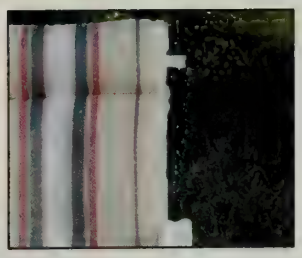
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Something Underfoot

Three Classic Rugs to Make

BY JILANN SEVERSON

Don't be floored by the beauty of these rugs—they're really quite easy to do. Strips of cotton crocheted in a circle, lengths of wool looped and sewn to a purchased fabric grid backing, and a splatter-painted canvas runner will catch those drips or tickle your toes all year long.



SHAGGY WOOL RUG

There aren't any loopholes here! Long strips of heavy wool fold over and over again, then machine-stitch to a gridded fabric base for a fun and fluffy accent.



OLD-FASHIONED CROCHETED RUG

Round and round it goes, all done up in single crochet. Grandma's classic fabric-strip rugs take on an updated look when done in today's rich colors.



PAINTED FLOORCLOTH

It takes only a splattering of artistic talent to do this painted floorcloth. A base coat of latex paint splashed with contrasting colors gives a painterly look to this contemporary runner cut from art canvas.

Photographs: Perry Struse
Design credits, see page 198.

Buying information, see page 178. Instructions begin on page 101.

SOMETHING UNDERFOOT

continued from page 100

PAINTED FLOORCLOTH, page 100

Materials: 28×64-in. or desired size piece preprimed artist's canvas (available at art supply and craft stores); Sherwin-Williams semigloss paint in following colors or paints as desired: SW 1007 Black Tie, SW 1595 Ruby Gem, SW 1622 Island Sunset, SW 1664 Radiance, SW 1665 Gold Gleam, SW 1734 Grass Roots, SW 1790 Keen Blue; Deft or other clear finish; straightedge; 2-in.-wide trim brush; 1-in.-wide (or narrower) brush; high-quality masking tape; rubber cement, epoxy, or other glue suitable for adhering canvas to canvas.

Instructions: Finished size, approximately 60×24 in. Rug can be made any size; add 2-in. border to all sides. *Note:* Wear old clothing and work in an open area, such as outdoors. If working indoors, cover entire area with drop cloths.

Using straightedge, mark hem fold line 2 in. in from raw edge on right side of canvas. Fold under hem and glue in place, mitering corners. Base coat canvas with Ruby Gem; let dry.

Splatter painting: To splatter paint, dip 2-in.-wide trim brush in paint. Hold brush over or near canvas and whip wrist to splatter paint onto rug. The harder the brush is whipped, the smaller the dots will be. Take care to avoid repeated patterns such as rows of curves or lines. Drips can also be done with half-inch dowel dipped in paint and dribbled onto canvas.

Note: Splatter black paint last; others may be done in any order or colors may be repeated. Splatter entire surface as desired, varying the size of dots. Paint does not need to dry between coats.

Border: When completely dry, draw border lines 1 in. in from outer edge. Firmly press masking tape along line to expose 1-in. border. Paint border with 2 coats black; let dry. Apply 2 coats Deft.



OLD-FASHIONED CROCHETED RUG, page 100

Materials: Size J steel crochet hook; cotton fabric as follows: 1 yd. yellow, 3 yd. each of blue, dark red, turquoise, and rust.

Instructions: Finished size, approximately 36-in. diameter.

Tear fabric widthwise into 1½-in.-wide strips. Randomly join strips, lapping one piece over the next, overlapping by about 1 in. Fold raw edges lengthwise to meet at center, then fold again to encase raw edges. Sew lengthwise along double folded edge. Roll strips into several balls.

To begin: ch 3, 8 sc in third st. from hook. Join in first sc.

Using rib stitch (see note *below*) for rest of rug, proceed as follows:

2nd, 3rd rnds: ch 1, 2 sc in each sc.4th rnd: ch 1, 1 sc in each sc.

5th rnd: increase every other st.

6th rnd: work even.

7th rnd: increase every 6th st.

continued

Continue with rib stitch, increasing as necessary. Number of increased stitches varies due to weight and flexibility of fabrics. Stitches should be quite tight and compact but rug should not roll. Some rounds may need to be increased every 4th stitch, some every 5th or 6th stitch.

Note: A rib stitch is the same as single crochet except only the back of the stitch is picked up.

SHAGGY WOOL RUG, page 100

Materials: 60-in.-wide tightly woven wool such as coating or heavy suiting in following amounts and colors: ⅝ yd. blue, ¾ yd. pale pink, 1 yd. each burgundy and jade; 3½ yd. 3-in.-wide binding or self-made binding to measure 3½ yd.; 1⅔ yd. 45-in.-wide backing fabric; 1 yd. Pellon Tru-Grid graph fabric (available at fabric and crafts stores) or lightweight fusible or nonfusible interfacing; 1 yd. fusible webbing (optional); matching threads; permanent markers.

Instructions: Finished size, approximately 24×36 in. *Note:* This rug is designed for decorative purposes and should be used in low-traffic areas only. Professionally dry clean rug when soiled. To prevent stains, treat rug with fabric protectant.

Cut wool into 1-in.-wide strips. If rug is to be used in traffic areas or wool is not tightly woven, cut strips on bias. If wool does not ravel easily and is for decorative purposes, cut wool along grainline. Cut 2 backing pieces 28×40 in. Cut 1 graph fabric piece 24×36 in. Center wrong side of graph fabric on right side of one backing piece and baste every 6–8 in. to secure or fuse in place with fusible webbing according to manufacturer's directions.

Note: Interfacing may be substituted for graph fabric. Cut interfacing to fit backing and fuse or baste in place. Using permanent marker, divide into 1-in. squares, centering.

Mark design, working in from all 4 sides of base as follows: outer 3 in. for burgundy; next 1 in. for pink; next 3 in. for jade; next 1 in. for pink; remainder (20×8 in.) for blue center.

Starting in upper left corner, lay burgundy strips side-by-side along length of base with wrong side of burgundy strips to right side of graph fabric and edge of wool extending slightly beyond outer graph line; pin. Sew strips to base along graph line. Loop strips 1 in. or as desired; pin each strip halfway between graph lines (½ in. from first stitched line); sew in place. Loop fabric again; pin to graph line and stitch. There will be rows of stitching every ½ in. Repeat, changing colors as indicated on graph fabric. Add new strips by sewing overlapping ends; trim strip ends close to stitching. Secure threads on back. Baste backing piece to back of rug; trim rug leaving ½-in. seam allowance beyond loops.

Press binding in half lengthwise. Sew to rug using ½-in. seam and mitering corners. Using zipper foot, sew binding raw edge to rug edge in ½-in. seam, mitering corners.

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BAY-WINDOW TREATMENT

Q: What type of window treatments will look good on my bay windows? They're tricky to decorate, and I don't know where to start.

A: The best way to cover those bumped-out panes is to treat them individually rather than as one block of windows. For privacy, great sun-blocking power, and to enhance the architectural appeal of your bays, choose miniblinds or pleated shades. Mount them inside the window molding for the cleanest looking, most energy-efficient treatment. A local window fabricator can create custom-colored shades or blinds in custom-made sizes. Or look for ready-made treatments at a discount store.

If you like fabric at the windows, you can top off your shades or blinds with a valance or swag. Mount the topper across the entire bank of windows in your bay to unify the panes and soften their look.

STORAGE STRATEGIES FOR SMALL SPACES

Q: I'm in desperate need of your help! I'm moving to Washington, D.C., soon. Because the cost of living is so high in this area, I can only afford to live in a small place. Can you give me some inexpensive storage ideas?

A: To make the most of small spaces, buy multipurpose pieces. End tables and coffee tables packed with drawers will double as storage space. An ottoman with a lift-up top serves as an extra place to stash stuff. Check out import-store wicker hampers or trunks to use as coffee tables or bedroom caches. Also, don't overlook unfinished furniture. The Sears catalog, for instance, offers unfinished pieces at low prices. Make the closets you do have work harder with closet organizing systems.

To slip in more low-cost storage, look for modular storage units. Stores such as Workbench, Conran's, Sears, and J.C. Penney sell flexible storage pieces that can quickly transform a plain wall into a storage bonanza.

Write to DECORATING Q & A, Better Homes and Gardens, Dept. ID, Des Moines, IA 50336. Materials cannot be returned.

"Open up wide, [illegible] I see..."

"My First Tooth"

Classic artistry, timeless appeal... just $69



Actual size of doll is 9 inches high, seated. Complete with "teething ring." Shown in a model setting that is not life size.

The Ashton-Drake Galleries, 9200 North Maryland Avenue, Niles, Illinois 60648-1397

A677-CT3

"My First Tooth"



Patricia has not been her usual self these last few days, but this morning when Mommy comes into the nursery, Patricia breaks into the widest smile Mommy has ever seen. There in the middle are two tiny teeth!

"My First Tooth" is the premiere issue in *Happiness Is...*, a collection of porcelain baby dolls by artist Kathy Barry-Hippensteel, capturing babies' delight in the simple day-to-day things in life.

Quality Craftsmanship in Every Detail

Patricia's head, arms, and legs are hand-cast of bisque porcelain, masterfully painted to capture the warm blush of a healthy baby girl. Her blue, hand-set eyes twinkle with delight. Ms. Hippensteel has dressed Patricia in a soft, aqua, one-piece sleeper featuring satin ribbon and eyelet-trimmed sleeve cuffs, and leg-hugging pant cuffs. Her broad, eyelet collar has matching ribbons and petite bunny appliques. On her feet Patricia wears removable bunny slippers and proudly clutches her very own bunny-shaped "teething ring."

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "My First Tooth" has earned the *Standards'* highest rating for artistry and craftsmanship – Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship – such as "My First Tooth" and other Premiere Grade dolls – have excellent potential to appreciate. Bear in mind that "My First Tooth" is an exquisitely crafted baby girl doll, just like the exceptional baby girl dolls we recommended in the chart below. "My First Tooth" has similar credentials that make this doll's potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "My First Tooth" can be yours to cherish for only $69.00 – *an extraordinary value for a porcelain baby doll of this quality.* To order, simply complete and mail the attached Reservation Certificate. But hurry..."My First Tooth" is issued in an edition ending forever on December 31, 1992. At that time molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Baby Doll	Edition End	Issue Price	Average Market Value*	Change
"Heather"	1987	$48	$409	+$361
"Jennifer"	1988	$58	$346	+$288
"Sarah"	1989	$58	$148	+$90

*Source: January, 1992 survey of sales by select doll dealers. Prices are based on relatively few sales and reflect supply and demand. Actual resale prices realized by collectors may be lower.

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My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "My First Tooth" to the Ashton-Drake Galleries at any time within ***one full year*** after I receive my doll for a refund or credit of the full purchase price, including postage.

X _____
Signature Date

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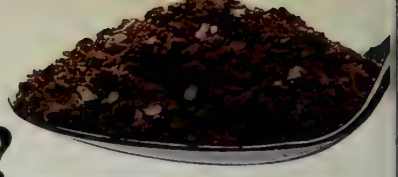
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DECORATING

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Organize, keeping furnishings to a minimum and function as a priority. Here, a friendly mix of hardworking pieces doesn't overwhelm the room or require upkeep.

Integrate furnishings' functions. A big armoire can take the place of two dressers. Outfit it with shelves for folded items and poles for hanging shirts, pants, and skirts.

Personalize with life's simple pleasures. This homeowner displays her treasury of antique fabrics on a quilt rack.

Photograph: D. Randolph Foulds
Design: Roberta Corbin
Regional editor: Estelle Bond Guralnick



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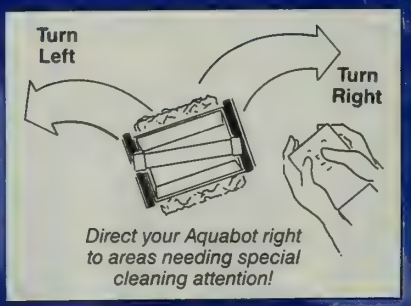
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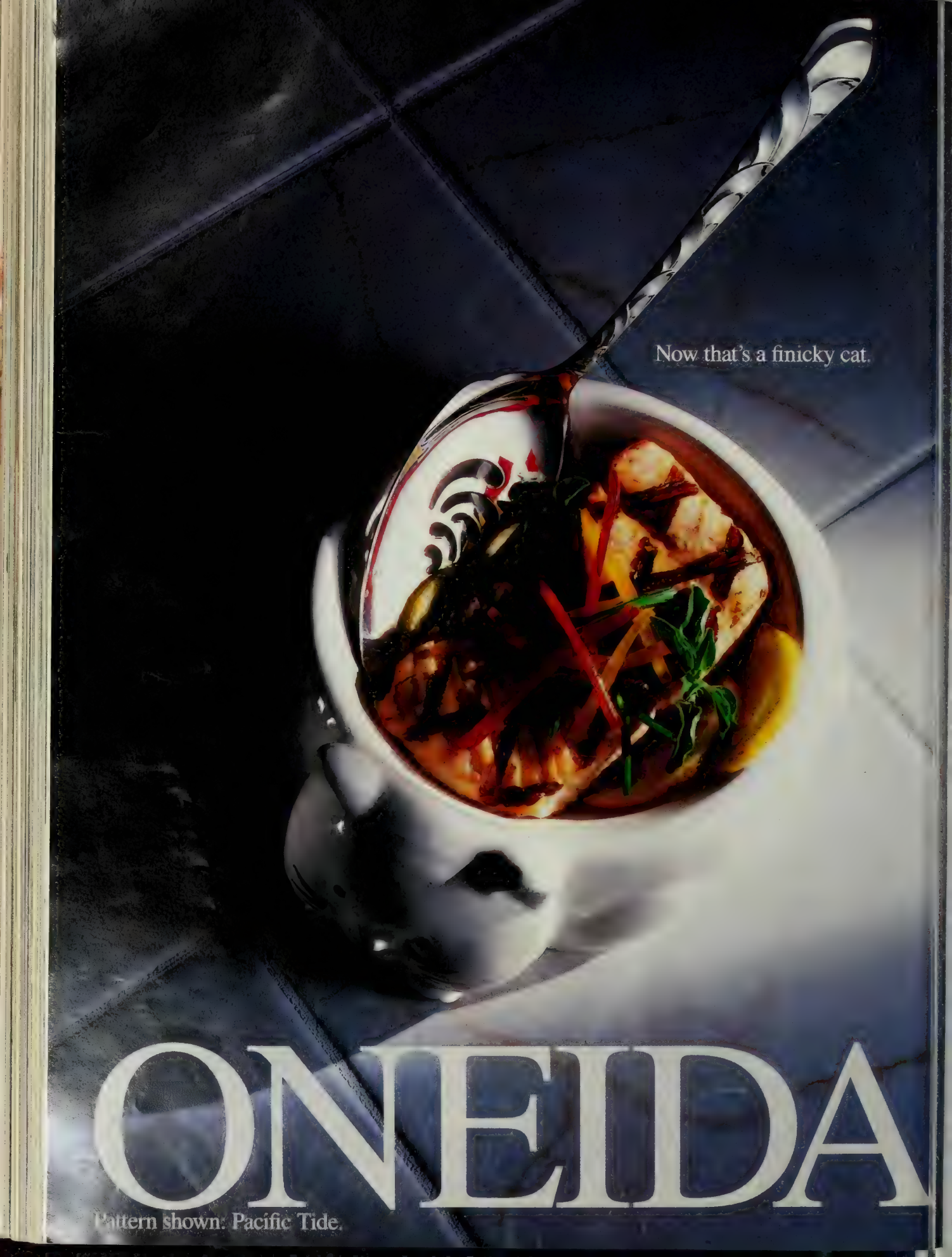
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ONEIDA
Pattern shown: Pacific Tide.



How can you decorate the basic beige box?

One Room 3 Ways



Answer: Any way your heart desires. The good news is, a newer home's no-frills spaces offer a blank sheet on which you can "write" your own decorating statement. To prove our point, we packed a common suburban floor plan to its textured ceiling with ideas designed to give the ho-hum room three entirely different personalities—and to add instant architecture to boot. Here's more happy news: Because the three styles are created with furniture rather than extensive remodeling, they're not only easy to accomplish, but you also can pack up your style and take it along if you move on. Let these budget-pleasing rooms inspire you to find a voice in your home.





BY DENISE L. CARINGER, REBECCA JERDEE, AND SANDRA S. SORIA

PHOTOGRAPHS: SCOTT LITTLE

Harvest textures and shapes from the outdoors



for rooms that comfort naturally.



The Naturalist

If you get pleasure from being in the open air, why not bring the outdoors in? Gutsy backyard shapes and strong earthy colors will add instant "architecture" to plain spaces. Here's what we found:

•Varnish the truth. Honey-toned woods given only a clear sealant lighten a room's mood. Even without a blaze, an unstained mantel adds warmth. *For mantel how-to, page 122.*

•Windows are opportunities. Sears Catalog shutters—invited inside to stay—plus Pier 1 Imports' paper shades turn plain panes into ruggedly charming focal points.

•Pile on the pile. On a warm desertlike floor of DuPont Stainmaster carpet, create an oasis of color with a bright area rug.

Marry white and light for clean, serene rooms



that set you to dreaming.



BETTER HOMES AND GARDENS, MAY 1992

The Pure of Heart

Living in a sea of beige? Don't fight it—go with the flow! Free of cluttering pattern and color, warm whites comfort those who seek calm at the end of stormy days. To soothe a room:

•Warm up white. Touchably textured Ethan Allen upholstery and glowing wood melt white's cold edge.

•Light the way. Golden pools of lamplight are must-have accents in a neutral room. Unexpected pendants, tucked-away uplights, and picture lights add instant sparkle to an otherwise flat scheme.

•Give them the slip. Fashion- and budget-conscious slipcovers coax second-hand chairs to play along with the white scheme. *Sewing how-to, see page 122.*

A garden of color and front-porch friendliness



urns a room into an airy cottage.



The Hopeless Romantic

Why wait for a place on Golden Pond when you can create a dream retreat now with amicable furniture and a bit of background magic? To turn on the charm:

•Add and subtract. For quick cottage enchantment, nail on humble paneling and brush it white. Instead of installing costly hardwood, pull up carpet and "check-out" the subfloor with paint. *How-to, page 122.*

•Weave in wicker. Not just for the porch anymore, ample Cane and Reed wicker in a rich green hue is weighty enough to hold its own in a living room grouping.

•Attend to details. It's the themed extras (such as oars, netting, and a whale of a folk art piece) that set this style apart, and afloat.

One Room 3 Ways



The Naturalist

Purchased for less than $75 at a building supply center, this picnic table wears shiny black paint to be properly dressed for indoor dinner. A lush screen of green cleverly divides living area from dining in this all-in-one, 12X27-foot floor plan.

Echoing the outdoor theme, a bunch of birch becomes the "trunk" of a glass-topped coffee table. Happily, you can put mind over money and create this one-of-a-kind piece yourself by lashing logs with a strap covered with a colorful sash.



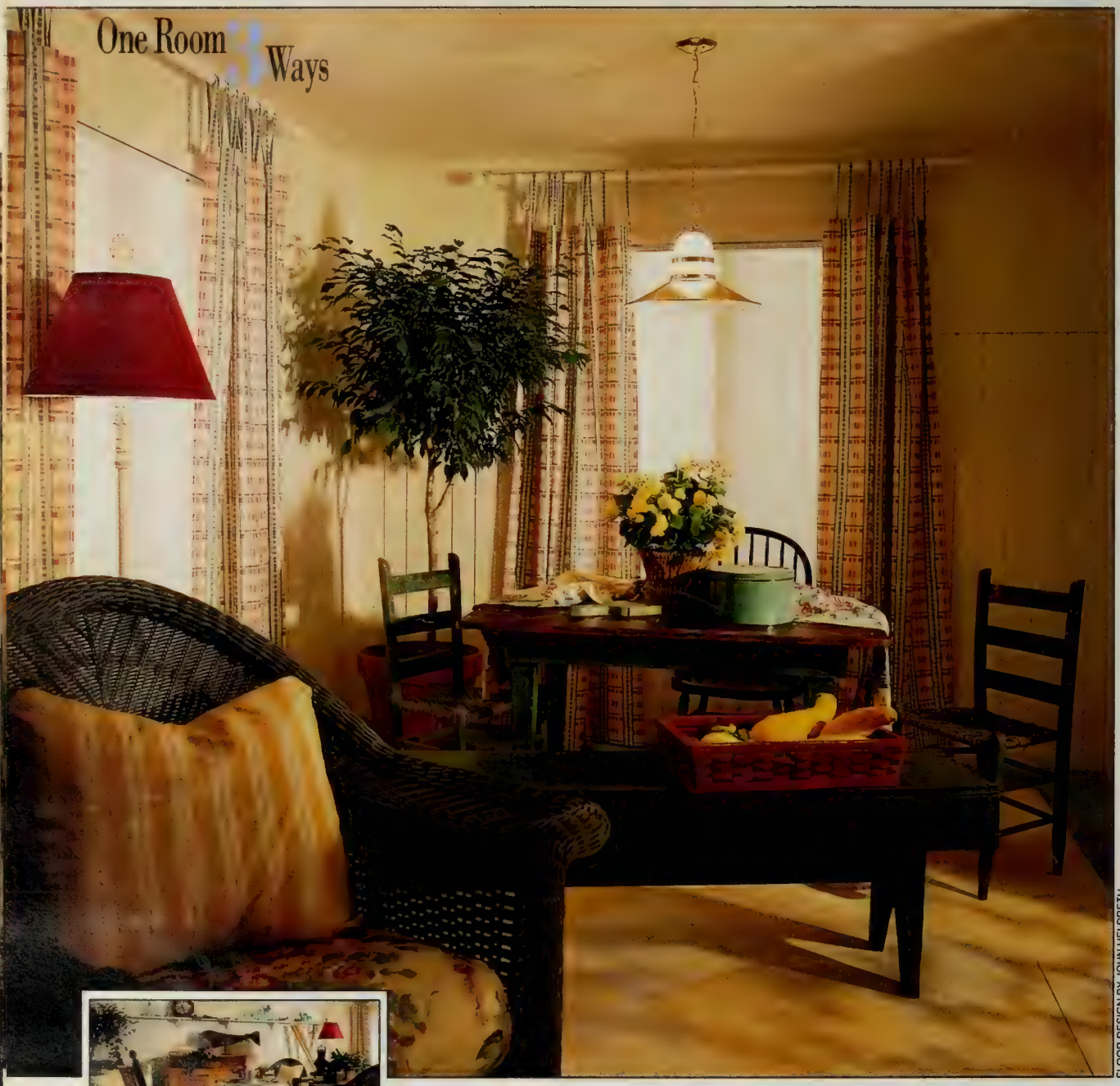


The Pure of Heart



Why get hung up on the same old ways with display? Parade family photos and a few of your favorite things along a low, narrow shelf instead. Spotlight the "stage" with a mix of lighting.

Without heavy woods, this set dines light to fit its spare setting. The pieces don't match, but they mix, thanks to shared simplicity. Pennywise ripstop nylon hung from black-painted pipe lets in soft light while screening unwanted views.



FLOOR DESIGN BY JOHN HELDRETH



The Hopeless Romantic

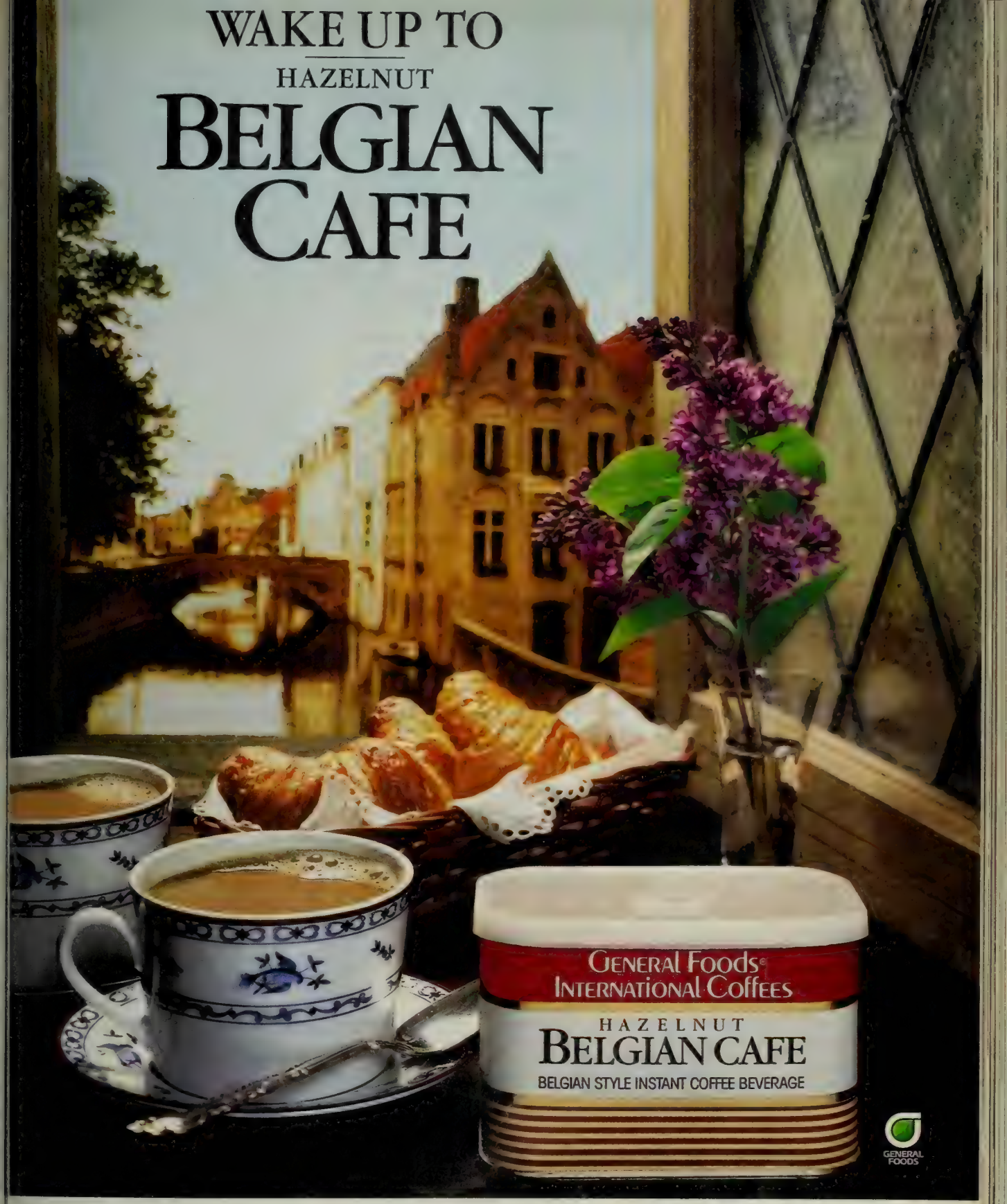
For buying information, see page 178

Just as a varied guest list enlivens a party, assorted seating spices a dining set. For a smooth mix, pick pieces with something in common. Like the "antiqued" floor, this group's worn finish weds the pieces as it ages and warms the new room.

With white walls for airiness, you can layer on fabrics for a romantic, lived-in look. Suspended on "spaghetti straps," plaid cotton covers windows like a casual summer sundress and makes a refreshing mixer for stripes and florals.



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ONE ROOM THREE WAYS

continued from page 120

FIREPLACE SURROUND, page 112

To order instructions for building the pine mantel, send a legal-size self-addressed stamped envelope to *Better Homes and Gardens®* Interior Design Department, MS LS 463, Dept. 591, 1716 Locust St., Des Moines, IA 50309-3023.

SLIPCOVERING CHAIRS, page 114

These are general instructions for covering a variety of chairs. The slipcovers are completely lined with muslin.

Materials: Linen; muslin; thread; tailor's chalk; masking tape; T-pins; buttons.

Instructions: Study the shape and lines of the chair to be covered. Note the thickness of chair parts that may require a boxed shape in fabric construction for an easy fit.

Drape muslin over back and seat of chair. Tuck fabric along curves of seat and follow lines of chair back. Use masking tape or T-pins to hold muslin in place. At points where seams will fall, mark with tailor's chalk. Trim fabric one-half inch past markings for seam allowance.

Continue to drape, pin, mark, and trim muslin until finished pattern for slipcover is completed. Determine closure for easy removal of cover. Oversize buttons and buttonhole closures were used for this chair. Other ideas include fastening tapes, snap tapes, or zippers.

Mark each muslin pattern piece (back, seat, inside front, etc.) and cut from linen. Assemble chair cover, stitching with half-inch seams. Sew muslin lining in the same manner. With right sides facing, and where applicable, sew decorator slipcover to muslin lining. Turn right side out. Press. Mark and stitch buttonholes. Add buttons. Add ties to seams near legs to fasten cover to chair.

Note: For more instructions on slipcovering chairs and sofas, see Simplicity pattern 7485.

PAINTED FLOOR, pages 116-117, 120

Materials: White primer; Sherwin-Williams paint—Dover White 1648, Veronica Blue 1495, Yellow Banana 1663, Celestial Yellow 1674; masking tape; brushes; large, natural sea sponge; Deft or other nonyellowing varnish.

Instructions: Prime floor; paint white. Mark and tape off 12-inch-wide border around room; paint with Veronica Blue color wash (for color wash, mix equal amounts of paint with water and brush on).

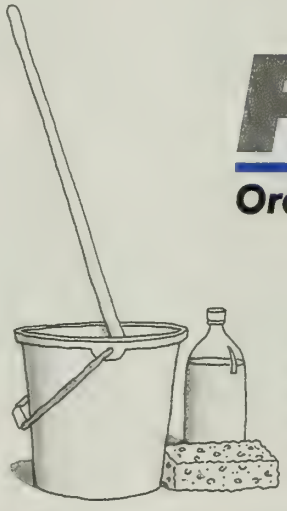
Using Banana Yellow paint and sponge, dab sponged texture on remainder of floor. When dry, mark the floor in a checkerboard pattern with pencil. (Eighteen-inch squares are a good size, but you will need to compute the size of the square that best fits your floor.)

Mark every other square with a stroke of yellow paint. With tape, mask off every *other* square you marked with yellow. Sponge with Celestial Yellow; remove tape. Repeat process for remaining yellow squares.

Finish the floor with varnish.

FICTION:

"Ordinary cleaners are all I need to stop germs."



FACT:

Ordinary cleaners don't disinfect.

Like it or not, germs are a part of our everyday lives. Each time we open a door, talk on the telephone, pick up a pencil or turn on the television, we may unknowingly pick up something someone else has left behind—viruses, bacteria, or other germs. Unfortunately, cleaning with good old soap and water is not good enough to eliminate the spread of germs.

Household cleaners and ordinary hand soaps aren't formulated to kill microorganisms. (In addition, germs can remain in the washcloths, rags, and rinse water.) Scrubbing with ammonia or borax isn't the answer either. They just don't disinfect. But regular disinfection helps prevent the spread of household germs. And nothing you can buy performs better than the Lysol® line of disinfectants. It's the leading brand of disinfection products in America.

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Simply sprinkle Preen 'n Green or Preen on the soil surface around plants as directed. Average beds can be done in minutes. They prevent weed growth for up to 3 months, then break down leaving no residual buildup. If continued weed prevention is desired, simply make another application.

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From **Greenview**®

Greenview guarantees you will be satisfied with the performance of *Preen* and *Preen 'n Green*, when used as directed, or your money back. See package for details.

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Better Homes and Gardens®

HOME AND FAMILY INFORMATION GUIDE

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

BUILDING & REMODELING

WINDOW AND PATIO DOOR FACTBOOK—Full-color booklet features Andersen's complete Perma-Shield® low-maintenance product line. This handy booklet provides information on creating custom combinations of Andersen standard-size windows and patio doors, energy facts, planning a project, choosing a contractor, and basic size charts. It's a complete resource on windows and patio doors. ANDERSEN WINDOWS, INC. FREE. Circle No. 1.

THE ATRIUM DESIGN COLLECTION—A 16-page pamphlet in full-color shows how fully coordinated doors, windows, transoms and locks can shape the character or heighten the impact of a room. THE ATRIUM DOOR & WINDOW COMPANY. 15¢. Circle No. 2.

BEAM BUILT-IN VACUUMS are easily installed in new and older homes. A BEAM provides superior cleaning on any surface...from floor to ceiling. Complete systems as low as $450. Lifetime limited warranty. Send for complete product information. BEAM INDUSTRIES. $1.00. Circle No. 3.

CONGOLEUM floors are designed to fit today's busy lifestyles. The newest flooring designs and colors are previewed in a full color literature kit, containing photographs and information on the company's versatile product line. CONGOLEUM. FREE. Circle No. 4.

EMCO FOREVER VIEW STORM DOOR—Free full-color brochure gives complete details on selection of colors and sizes. Describes all hardware and construction features. Includes the famous Forever View limited warranty. EMCO SPECIALTIES, INC. FREE. Circle No. 5.

HURD WINDOW IDEA GUIDE—Full-color booklet shows complete line of Hurd wood and aluminum clad windows and patio doors. Idea Guide presents Hurd Windows' "total performance" story: Windows from R2 to R8; greatest protection available from fabric fading due to UV; the "quietest" windows you can buy, reduces outside noise to 1/20th original volume; and more! HURD MILLWORK COMPANY. FREE. Circle No. 6.

The KitchenAid Kitchen—Quality Appliances for the Total Kitchen are described in this 28-page color catalog featuring the full line of KitchenAid major appliances—refrigerators, cooktops, ovens, dishwashers and more. KITCHENAID. $1.00. Circle No. 7.

KOHLER—A complete set of full-color product catalogs covering baths and whirlpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets and accessories plus a color idea book. KOHLER CO. $8.00. Circle No. 8.

KOHLER—Guidelines for selecting quality faucets are highlighted in KOHLER CO.'s 20-page full-color brochure, "Premier Faucets, A Guide to Quality and Value." Also included is a 48-page color product catalog covering Kohler's faucets and accessories. KOHLER. $2.00. Circle No. 9.

WOOD FLOOR BROCHURE—Full-color, 12-page catalog describes the benefits and product selection of Mannington's five-ply, cross-grained laminated wood floors, featuring the exclusive UltraWear™ polyurethane finish and excellent performance guarantees. MANNINGTON WOOD FLOORS. $1.00. Circle No. 10.

CERAMIC TILE BROCHURE—Full-color, 16-page catalog describes the benefits and color options for Mannington's wide selection of floor, wall, countertop and exterior ceramic tile products. "Simple Elements, Total Control" includes details on the vital elements of creating extraordinary residential tiles. MANNINGTON CERAMIC TILE. $3.00. Circle No. 11.

MARVIN WINDOWS IDEA BROCHURE—Illustrated with four-color photos and renderings how window sizes and styles affect the appearance of your home. Information on how window construction can affect energy efficiency and maintenance is also provided. MARVIN WINDOWS. FREE. Circle No. 12.

"Tips On Wood Finishing"— Informative 30-page booklet features easy step-by-step instructions for wood finishing and repair projects with Minwax products. Highlights include: color chart, product review and wood care suggestions. Learn to beautify and protect new wood as well as restore and spruce up older wood. MINWAX. FREE. Circle No. 13.





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PEACHTREE INSULATED PATIO DOOR—A 24-page color booklet shows Peachtree's new Insulated Patio Door (IPD). Booklet covers technological advances models and styles. Available in fiberglass, galvanized steel and steel exterior/fiberglass interior models. Comes in French, Slider or Swinger styles. IPD offers exceptional thermal efficiency and meets or exceeds industry standards. PEACHTREE DOORS, INC. FREE. Circle No. 14.

WORLD OF WINDOWS—is the ultimate idea sourcebook for your home building or remodeling project. A limited hard bound edition of this glossy 128 page book is now available. PELLA/ROLSCREEN COMPANY. $6.95. Circle No. 15.

PELLA WINDOWSCAPING BOOKLET—Windowscaping (SM) refers to bringing the outside in and designing with windows. Windowscaping (SM) is easy with this 19-page booklet from Pella/Rolscreen Company which offers innovative applications for windows, doors, sunrooms and skylights for building, remodeling and replacement. Energy-efficient systems are fully illustrated along with Pella's complete accessory line. PELLA/ROLSCREEN COMPANY. FREE. Circle No. 16.

RAYNOR GARAGE DOORS—A full color catalog that illustrates the decade series of steel residential garage doors on a variety of homes. The Decade garage door is the only door warranted to last as long as you own your home! RAYNOR GARAGE DOORS. $1.15. Circle No. 17.

RUST-OLEUM—Protect your home from costly damage caused by moisture and harsh sunlight. The top name in metal protection, Rust-Oleum is known for sealing out moisture and keeping its rich color. Now, Rust-Oleum Wood Saver Paint is made with a unique patented formula that protects wood trim, doors, fences, railings and outdoor furniture. 8-page Homeowner's Guide, Brochure and coupon. RUST-OLEUM. FREE. Circle No. 18.

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FOOD

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SIMPLESSE® REPLACES FAT AND KEEPS GREAT TASTE—Now you can enjoy delicious, creamy foods without all the fat, cholesterol and calories...thanks to Simplesse, the all natural ingredient that replaces fat. To receive further information about Simplesse and products containing Simplesse. SIMPLESSE. FREE. Circle No. 23.

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HOME PLANNING KIT—Plan your interior spaces, room by room, using scaled furniture cutouts on grid paper. Complete instructions and ruler included in kit. An 8-page, full-color brochure gives helpful hints for creating beautiful interiors with Bernhardt Furniture. BERNHARDT FURNITURE. $3.00. Circle No. 24.

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DUETTE® by HUNTER DOUGLAS—The "Discover the Well-Dressed Window" consumer video showcases the entire Duette product line in a variety of exciting applications and room settings. Ideal and convenient for in-home viewing. Fully refundable with proof of purchase of Duette products. DUETTE®. $5.95. Circle No. 26.

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HOW TO BUY CARPET FOR THE REAL WORLD—A new, easy to read carpet shopper's guide from Wear-Dated Carpet by MONSANTO. $1.00. Circle No. 31.

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THOMASVILLE FURNITURE—Thomasville's Complete Guide to Fine Furniture Selection and Furniture Care. THOMASVILLE. $3.00. Circle No. 34.

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AMERICAN ASSOCIATION OF ORTHODONTISTS—For free information on orthodontics for adults and children, and a list of AAO-member orthodontists in your area. AMERICAN ASSOCIATION OF ORTHODONTISTS. FREE. Circle No. 37.

LYME DISEASE BROCHURE—An 8 page, full color brochure showing how your dog may be at risk from Lyme disease and how you can protect your pet from this growing threat. FORT DODGE LABORATORIES. FREE. Circle No. 38.

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INTERCEPTOR®—is a once-a-month preventive that protects dogs from two common parasites: heartworm and hookworm. Interceptor is available through veterinarians in four convenient dosages. Send for information. INTERCEPTOR®. FREE. Circle No. 40.

"UNDERSTANDING EMPHYSEMA" BROCHURE—This 6-page booklet from National Jewish Center for Immunology and Respiratory Medicine in Denver helps people cope with emphysema. Subjects include: causes and complicating factors, relieving symptoms, and how to live a fuller life. NATIONAL JEWISH. FREE. Circle No. 41.

POOL EQUIPMENT

"THE POOL BOOK"—A brand new edition of the BioGuard Pool Book. A guide for pool owners on the care and maintenance of their pool—from opening to closing. With a section on trouble shooting, safety tips, and a glossary of pool terms. BIO-LAB INC. FREE. Circle No. 42.



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BETTER HOMES AND GARDENS®

HOME IMPROVEMENT CONTEST

MORE THAN $75,000 IN PRIZES! HERE'S HOW TO WIN

Get a real bang—and big bucks—from your next home fix-up project. You may win a top award and your project may appear in our magazine!

PICK YOUR CATEGORY

You can win in any of eight categories. We'll give cash awards for Class A (large), Class B (medium), and Class C (small) projects in each category.

- Exterior Fix-Ups
- Outdoor Improvements
- Kitchen Shape-Ups
- Bathroom Remodelings
- Interior Remodelings
- Additions
- Whole-House Remodelings
- Daylighting

Cash Awards

Grand Prize: $10,000 Grand Prize
Two Runners-Up: $4,000 each
Six awards in each of the eight categories:

Class A:	**$1,000**
Class B:	**$500**
Class C:	**$250**
Merit Awards	**$100**

(Three merit winners in each class)

Special Cosponsor Awards

A Class A, B, or C winner in any of the eight categories who uses products from 15 or more cosponsors will win a bonus of $2,000.*

Win Additional Prizes

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products you've chosen to incorporate into your project (see list of cosponsors, far right).* Examples: a kitchen revamp that includes new appliances and cabinets, or a family room addition that includes new windows and interior and exterior paint.

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any home improvement project completed in 1992 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or hired professional help. Entrants must be U.S. residents. Judges' decisions are final.

**These prizes are void in Arizona, Maryland, and Vermont.*

HOW TO ENTER

1. RIGHT NOW: Complete and mail the preliminary entry blank, *below*, or a photo copy, by October 1, 1992. We'll send you complete details and entry materials, along with our official entry form.

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. (Get a head start now by saving floor plans, Before and After photos, and receipts that could make your project a winner.) **All final entries must be postmarked by February 1, 1993.**

3. THE WINNERS: Winners will be selected on or about May 31, 1993. We will notify all winners by mail and publish the top winner in each category in our November 1993 issue.

Following is a list of cosponsors providing $500 for best use of product. (Look for additional cosponsor special awards ranging in value from $350 to $10,500 when you receive complete entry materials.)

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Black & Decker (U.S.) Inc.
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Bruce Hardwood Floors
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Eljer Industries
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The Forever® Doors by EMCO
Frigidaire® Major Appliances
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Heat-N-Glo Fireplace Products, Inc.
Honeywell TotalHome™ System
Hunter Ceiling Fans
Hurd Millwork Company, Inc.
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Tarkett® Inc.
Thomasville Furniture Industries
The Toro Company, Home Improvement Division Outdoor Lighting Products
3M brand NewStroke™ Snap-Off Paint Brushes
True Value Hardware Stores/Tru-Test Paints
VELUX® Roof Windows and Skylights
Waverly® Fabrics
Whirlpool Corporation (Whirlpool Brand)

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HOME IMPROVEMENT CONTEST

PRELIMINARY ENTRY BLANK

Must be postmarked no later than October 1, 1992

SEND $2.00 FOR POSTAGE AND HANDLING TO:

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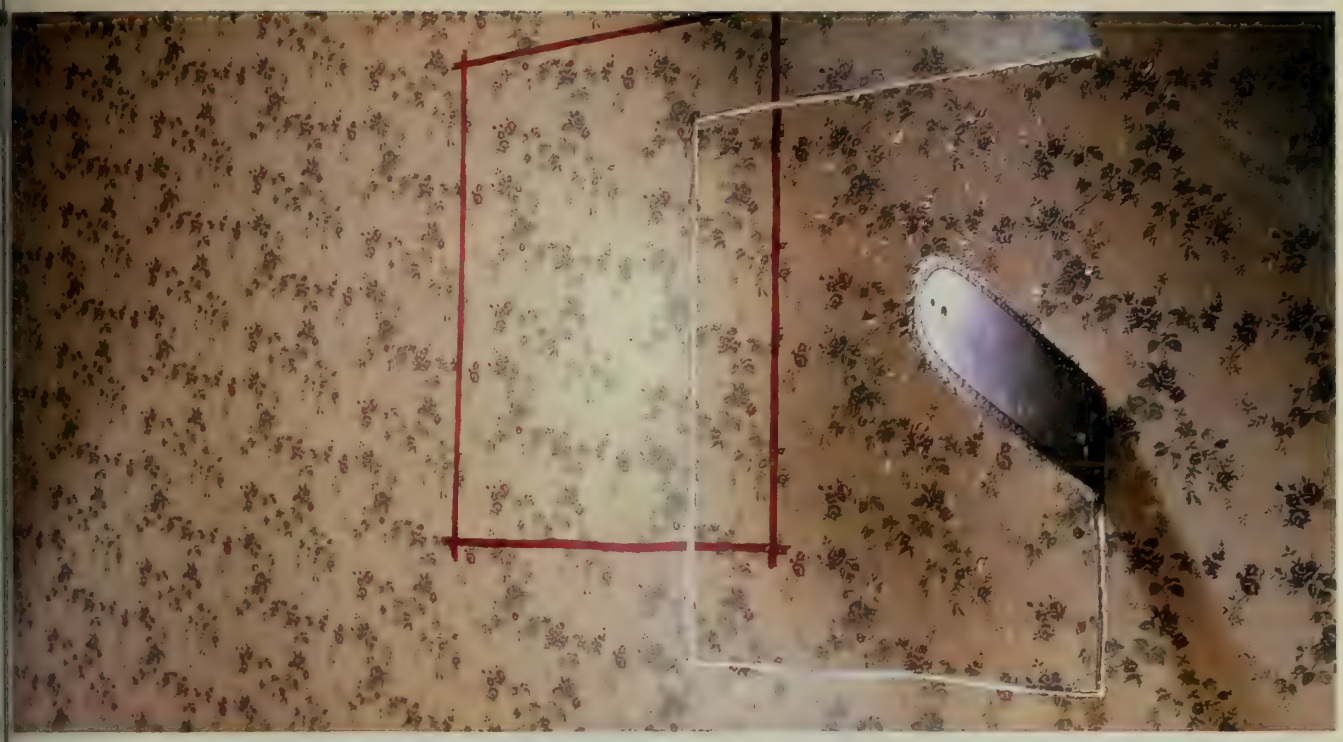
STATE _____ ZIP _____

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1992

❑ 1. Exterior Fix-Ups ❑ 2. Outdoor Improvements ❑ 3. Kitchen Shape-Ups
❑ 4. Bathroom Remodelings ❑ 5. Interior Remodelings ❑ 6. Additions
❑ 7. Whole-House Remodelings ❑ 8. Daylighting

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.

Allow six weeks for delivery of final entry packet.



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WINDOWS & DOORS



Lead contamination threatens 40 million Americans.

GETTING THE LEAD OUT OF YOUR WATER

Mention environmental disasters and most people think of oil spills and ozone holes. But one of the most serious environmental threats to your health and your family's may be lead contamination in your tap water.

As many as 40 million Americans have too much lead dissolved in their drinking water, says the Environmental Protection Agency. Lead can cause learning disabilities, hyperactivity, high blood pressure, kidney disease, and brain damage. Children under the age of six and pregnant women run the greatest risk.

If your home was built between 1978 and 1988, you are in a high-risk group.

Surprisingly, it is people who live in the newer homes that run the greatest risks. Lead solder was banned in 1988, but widely used in home plumbing until then. In older homes the lead solder inside the water pipes becomes coated with minerals after several years. Once the solder is coated, it usually stops leaching into the water.

If your home was built before 1930, you may be in a high-risk group.

Living in an older home, however, does not always guarantee safety. Homes built before 1930 often used lead rather than copper plumbing pipes. Lead pipes are a dull gray color. The safer copper pipes are the same color as a penny.

Also, many water utilities installed lead service pipes to carry water to neighborhoods built in the early part of the century. These pipes are underground, so call your local water utility and ask.

If you have naturally soft or acidic water, you may be at risk regardless of the age of your home.

Soft or acidic water continually strips away the mineral coatings on the insides of water pipes. This exposes the lead to leaching regardless of the age of the home. Soft water can be a problem in any home except for those that are plumbed with lead-free solder and have no lead service lines.

TESTING FOR LEAD

If you are in one of the high-risk groups, or you have children under the age of 6 or a pregnant woman in your home, you should test your tap water for lead.

Use a lab certified by your state or the Environmental Protection Agency. Also be wary of scam artists trying to give you free tests and then sell you treatment systems you may not need. A typical test will cost $15 to $25. The EPA guidelines recommend taking steps to purify your water if it tests for lead above 20 parts per billion.

REDUCING LEAD EXPOSURE

Install a lead-removing system on your drinking-water supply lines.

If testing shows high levels of lead, the most practical and thorough option is to install water-purification equipment—either reverse-osmosis units or distillation systems. Reverse-osmosis units screen out impurities but discard 3 or 4 gallons for every 1 gallon they clean—a drawback in drought-prone areas. Prices are steep, too. Expect to pay around $500 or more. Distillation systems boil the water and capture the purified steam. These burn up a lot of energy and can cost as much as 20 to 30 cents per gallon to distill water. System prices range from $200 to $600.

Less expensive treatments for lead only are available, but the technology varies widely. To ensure quality, look for equipment that is certified by the Water Quality Association, or the National Sanitation Foundation.

Let the cold water run for 20 seconds or more before drinking or using tap water.

Lead levels increase when water sits in the pipes—especially overnight. By running fresh water through the pipes you will reduce, but not eliminate, lead. Don't rely on this if your water tests higher than 20 parts per billion.



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COOKING WITH YOUR Kids

BY LISA HOLDERNESS

Linda Ives-Welch, director of the Culinary Kids Cooking Program in Sonoma Valley, California, encourages 6- to 14-year-olds to cook simple, healthful foods they like.

12 easy recipes—fun and healthful too

Round up your kids for a great time in the kitchen. Hands-on cooking lets them learn basic skills while being creative. Young chefs can do a stir-together snack dip; older ones can make a family dinner featuring turkey cutlets. An extra benefit: children proudly eat what they fix, even vegetables. To get started, take some cues from Linda Ives-Welch, a West Coast chef and mom. Her recipes and tips (see page 142) will help you and your kids enjoy cooking together.

Recipes begin on page 142.



PHOTOGRAPHS: JON JENSEN; FOOD STYLIST: JANET HERWIG; REGIONAL EDITOR: HELEN HEITKAMP


Pizza-Style Vegetables
Crunchy Parmesan Turkey with Honey-Mustard Sauce
Whole Wheat Zoo Rolls

COOKING WITH YOUR

Kids

You-Can-Do-It Supper

With a little help from Mom and Dad, kids can cook a nutritious dinner worth bragging about. They can make the entire menu or choose one or two recipes for starters—

Crunchy Parmesan Turkey with Honey-Mustard Sauce
Shaking turkey cutlets in a tasty coating and cooking them in a skillet teaches kids how to use the stove top. For a two-ingredient, go-along sauce, stir together honey and mustard.

Pizza-Style Vegetables
Turn kids on to veggies by seasoning this vegetable combo with their favorite flavor—pizza.

Whole Wheat Zoo Rolls
Snakes, snails, bears, or hares—turn frozen whole wheat bread dough into a wild kingdom of animals.

Cookies-and-Cream Parfaits
This dessert calls for real action. Crush the cookies, mash the berries, whip the cream, and layer it all into fancy parfaits.

Recipes begin on page 142.

Cookies-and-Cream Parfaits

COOKING WITH YOUR

Kids

What's for Breakfast?

Here are some tasty a.m. ideas for both quick weekday noshes and relaxing weekend meals—

Mexican Breakfast Tortillas
Pair scrambled eggs and sausage with tortillas and salsa and what do you get? A hearty meal kids love to make and eat.

Homemade Granola
Munch on this crunchy cereal of sweetened oatmeal, coconut, and nuts—with milk for breakfast or dry for a healthful snack.

Lemon-Orangeade
Orange juice plus lemon juice equals a zippy new drink.

Strawberry Blender Breakfast
If mornings are too busy for breakfast at your house, encourage kids to help out. This nutritious shake takes just a couple of minutes.



Mexican Breakfast Tortillas

Recipes begin on page 144.


Strawberry Blender Breakfast
Homemade Granola and Lemon-Orangeade
LUCERNE

COOKING WITH YOUR

Kids

After-School Snacks

Even kids know that today's snacks need to be healthful as well as fun and good tasting. Nutritious and delicious—these kid-pleasing snacks have it all.

Peanutty Dip
Peanut butter makes this super simple dip a favorite right off the bat. Serve with fruit, vegetables, and crackers for dippers.

Pita Pizza
For a quick pizza snack, let kids top pita bread rounds with pizza sauce and all the ingredients they like best.
continued on page 148

Recipes begin on page 148.
Buying information, page 178.



Big Raves



With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

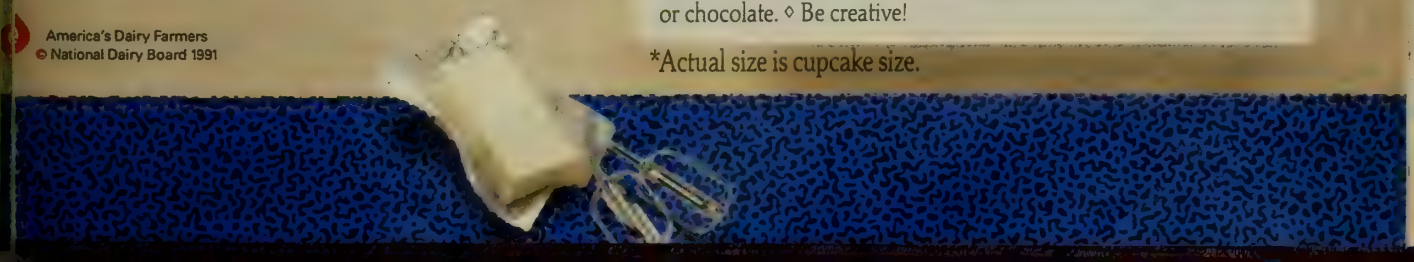
12 vanilla wafers
2 8 oz. packages cream cheese
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese,vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.



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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. We list the calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the Recommended Dietary Allowance (RDA), whenever values exceed 10 percent of the recommended amount. (The RDAs are dietary standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. These dietary guidelines suggest the levels of nutrients that moderately active women should strive for each day (in general, active males and teenagers need more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 3,000 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these dietary guidelines in any single day, but it's a good idea to aim for a balanced diet over time for overall health.

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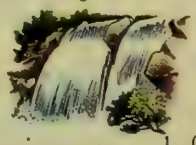
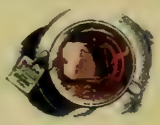
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COOKING WITH YOUR KIDS

(Recipes pictured on pages 133-139.)

DEAR PARENTS,

The following information will help to make cooking with kids a safe, enjoyable experience for you and your children:

- **The recipes in this story are geared toward children. Each has been kitchen-tested and given a "thumbs up" by kids, ages 6 through 14. However, some recipes are a little more involved than others. Choose recipes according to your child's skill level. Good recipes for first-time cooks include Lemon-Orangeade and Peanutty Dip.**
- **For younger kids and those with limited experience in the kitchen, we recommend that an adult help with the cooking. For more advanced cooks, we still recommend adult supervision.**
- **Read through each recipe with your kids before starting to cook. It is helpful if you gather the needed equipment together. At this time you can explain how to use each utensil (see Measuring Tools and Terms, *page 148*) and any needed equipment. To help stress safety, read the Kitchen Safety Tips together (see *page 146*).**
- **Encourage children to gather all the ingredients before cooking. This way, you'll be sure they use the right ingredients and that they know where to find them.**
- **Reassure your kids that it is OK to ask questions. A simple question could save a recipe!**
- **Most of all, remember to have fun in the kitchen. Cooking together is a wonderful opportunity to spend quality time as a family—talking and creating together.**

CRUNCHY PARMESAN TURKEY

- **¼ cup seasoned fine dry bread crumbs**
- **¼ cup toasted wheat germ**
- **¼ cup grated Parmesan cheese**
- **1 Tbsp. sesame seed *or* ¼ tsp. dried Italian seasoning, crushed**
- **1 egg**
- **¼ tsp. seasoned salt *or* ¼ tsp. *each* of salt and pepper**
- **4 turkey breast slices, cut ¼ to ½ inch thick (about 1 lb.)**
- **1 Tbsp. olive oil *or* cooking oil**
- **1 recipe Honey-Mustard Sauce (optional)**

● **For the turkey coating,** in a plastic bag combine bread crumbs, wheat germ, Parmesan cheese, and sesame seed or Italian seasoning. Close the bag and shake to combine.

● **In a small, shallow bowl crack** egg. Beat with a fork to combine. Stir in the seasoned salt or salt and pepper.

● **With a ruler, measure** the thickness of each piece of turkey. Dip *one* piece of turkey into the egg mixture, covering completely. Next, place the egg-coated piece in the bread crumb mixture in the bag. Hold the bag closed at the top and gently shake the bag to coat the piece thoroughly with crumb mixture. Remove meat from bag. Repeat with remaining turkey, egg mixture, and crumb mixture.

● **In a 10-inch skillet heat** oil over medium heat for 1 to 2 minutes or just till hot. Using tongs, carefully add each piece of turkey to the skillet. For ¼-inch-thick pieces of turkey, cook for 2 minutes (for ½-inch-thick turkey pieces, cook for 3 minutes).

● **With a spatula,* flip** over turkey pieces. Cook ¼-inch-thick pieces for 1 to 2 minutes more (for ½-inch-thick pieces, cook for 3 to 4 minutes more) or till turkey is no longer pink inside.** (To check doneness, use a sharp knife to cut a small slit in the center of a couple pieces and check the color). With spatula, remove turkey to serving platter. Serve with Honey-Mustard Sauce, if you like. Makes 4 main-dish servings.

Honey-Mustard Sauce: In a small bowl stir together 2 tablespoons *honey* and 1 tablespoon *prepared mustard.*

****Cook's tip:*** For recipes calling for a spatula, use the sturdy plastic or metal type that you would use for flipping pancakes or burgers. (This is different from the flexible, rubber spatula used in baking.)

*****Cook's tip:*** If the turkey pieces start to brown too quickly and you think they might burn, turn down the heat to medium-low. If pieces start sticking to the pan, carefully add more oil, a teaspoon at a time.

Nutrition information per serving: *253 cal., 11 g fat, 108 mg chol., 29 g pro., 9 g carbo., 0 g fiber, 304 mg sodium.*

PIZZA-STYLE VEGETABLES

- **4 small zucchini *and/or* yellow summer squash**
- **1 small onion**
- **1 clove garlic**
- **1 Tbsp. olive oil *or* cooking oil**
- **½ tsp. dried Italian seasoning, crushed**
- **1 14½-oz. can Italian-style stewed tomatoes**
- **½ cup shredded mozzarella cheese (2 oz.)**
- **¼ cup shredded *or* grated Parmesan cheese**

● **Wash squash** under cold running water, using a vegetable brush to clean outer skin. With a sharp knife, slice zucchini and/or summer squash into ½-inch thick slices. You should have about 2⅔ cups.

● **To slice the onion,** cut a small slice off one end of the onion. Peel the outer, paperlike skin from the onion. Starting at the cut end, cut the onion into ¼-inch-thick slices and separate each slice into rings. With a garlic press or a sharp knife, mince the garlic clove (mincing means to chop into tiny pieces).

● **In an 8-inch skillet heat** the oil over medium-high heat for 1 to 2 minutes or just till hot. Add zucchini and/or summer squash, onion, garlic, and Italian seasoning. Cook, uncovered, over medium-high heat for 5 minutes. While cooking, use a wooden spoon to stir vegetables occasionally so they don't burn.

● **With a large spoon, carefully add** *undrained* stewed tomatoes to the skillet. Cover skillet. Cook over medium-low heat about 3 minutes or till zucchini and/or summer squash is crisp tender.* Spoon vegetable mixture onto 4 dinner plates.

● **Sprinkle some of the mozzarella** and Parmesan cheeses on top of the vegetable mixture on each plate. Makes 4 side-dish servings.

****Cook's tip:*** "Crisp-tender" means the vegetables should be cooked just till slightly soft. Vegetables taste best when they still have a slight crispness. They also have more vitamins than those cooked till very soft.

Nutrition information per serving: *146 cal., 8 g fat, 13 mg chol., 8 g pro., 13 g carbo., 1 g fiber, 447 mg sodium. RDA: 29% calcium, 15% vit. A, 32% vit. C, 11% riboflavin.*

continued on page 144



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EAT TO LIVE.



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COOKING WITH YOUR KIDS

continued from page 142

WHOLE WHEAT ZOO ROLLS

Follow our directions (see the box at right) to make the zoo shapes pictured on page 134. Or, create your own wild and crazy shapes—

1 16-oz. loaf frozen honey wheat *or* whole wheat bread dough
1 egg white
1 Tbsp. milk
Sesame seed (optional)

- **Thaw bread dough** in the bag either overnight in the refrigerator or for 2 hours at room temperature (see package directions).
- **Using kitchen scissors, divide** the thawed bread dough into 12 equal portions (each portion should make 1 zoo-shape roll). See the box, *at right,* for directions on shaping the dough into zoo shapes. Lightly grease 2 baking sheets.
- **When all the rolls are shaped** on the greased baking sheets, cover the rolls lightly with a kitchen towel. Let the rolls rise* in a warm place (away from cool drafts) till they are nearly double in size (this will take 30 to 35 minutes). If your oven has 2 racks, adjust so that both racks are positioned in the middle of the oven. Preheat the oven to 350°.
- **In a small bowl use a fork** to stir together the egg white and milk. With a pastry brush, gently brush the tops of the dough shapes with egg white mixture. Sprinkle with sesame seed, if you like.
- **Bake in the preheated 350° oven** about 20 minutes or till golden on top (if your oven only has one rack, place 1 pan of rolls, covered, in the refrigerator till the other pan is done baking). Use hot pads to remove the baking sheet from the oven. With a spatula, transfer rolls to a wire rack. Let cool slightly. Makes 12 rolls.

***Cook's tip:** What is the magical ingredient that makes bread rise? The answer is yeast. This is a tiny organism that eats the sugar and starch in the dough. It then produces air bubbles, which causes the dough to expand and rise.

***Nutrition information per roll:** 96 cal., 2 g fat, 0 mg chol., 4 g pro., 17 g carbo., 4 g fiber, 161 mg sodium. RDA: 12% thiamine, 10% niacin.*

Create a Zoo

Follow the directions below to create an edible bread zoo—

SNAKE: Roll a portion of dough into a 10-inch-long rope. Place the rope on the greased baking sheet, curving the rope several times so it looks like a moving snake. For the mouth, cut a ¾-inch slit in one end.

SNAIL: Roll a portion of dough into a 10-inch-long rope. Wrap into a coil shape and place on the greased baking sheet. For the head, trim outside end of rope flat; pull it out a little from the coil.

TURTLE: Starting with a portion of dough, pinch off 6 little pieces of dough for the legs, head, and tail. For the body, roll remaining large piece of dough into a ball and place on the baking sheet, flattening slightly. Place legs, head, and tail on the baking sheet, touching the body where you think they should go. To make the shell design on the body, use a small knife to cut a crisscross design, ¼-inch deep.

RABBIT: Divide 1 portion of dough into 2 equal pieces. For body, shape 1 piece into a ball; place on baking sheet. Divide other piece in half, using 1 half for the head and the other for the ears and tail. Place head on baking sheet atop body. Place ears atop head and tail next to body.

BEAR FACE: Divide 1 portion of dough into 2 equal pieces. For the head, shape 1 piece into a ball; place on baking sheet. Divide other piece into 2 ears and a nose. Place ears on baking sheet, touching bear head. Attach nose on bear head in the middle. For eyes, use a small knife to cut little slits in the dough (above the nose).

FLOWER: Divide 1 portion of dough into 2 equal pieces. Shape 1 piece into a 5-inch-long rope, then into a coil. Place it on baking sheet. For petals, divide remaining piece into 10 balls. Place balls in a circle around the coil.

COOKIES-AND-CREAM PARFAITS

Whipping the cream is half the fun but, to save time, you can substitute 1 cup thawed frozen whipped dessert topping for the whipping cream, vanilla, and the 1 tablespoon sugar—

1 cup whipping cream
1 Tbsp. sugar
1 tsp. vanilla
2 cups fresh strawberries
2 Tbsp. sugar
6 chocolate sandwich cookies
Chocolate sandwich cookies (optional for garnish)

- **Place a deep medium mixer bowl** and beaters in refrigerator 5 minutes.
- **To the chilled mixer bowl add** whipping cream, the 1 tablespoon sugar, and vanilla. Beat with the chilled beaters of an electric mixer on medium speed till the whipped cream thickens slightly and forms soft peaks.* Set aside.
- **Gently wash berries** under cool, running water and pat dry with paper towels. Using your forefinger and thumb or a small knife, remove the green stems from the strawberries. Place the berries in a medium mixing bowl. With a potato masher, pastry blender, or fork, mash the berries into a chunky sauce. Stir in the 2 tablespoons sugar. Set aside.
- **To crush the cookies, place** them in a sturdy, sealable plastic bag. Push all the air out of the bag and seal. Roll a rolling pin over the bag to crush cookies into small pieces.
- **You'll need** 4 to 6 dessert dishes. Place a spoonful of crushed cookies in each dish. Top with a couple of spoonfuls of the whipped cream mixture, spreading it smoothly over the cookies. Top with *half* the mashed berries.
- **Top with another layer** of whipped cream mixture, reserving about *⅓ cup.* Sprinkle the remaining crushed cookies atop. Spoon on the remaining mashed berries. Spoon the reserved whipped cream mixture atop. Garnish with a whole cookie, if you like. Serve immediately. Makes 4 to 6 parfaits.

***Cook's tip:** To check for soft peaks, watch the cream while beating. When it starts to thicken, turn the mixer off and lift the beaters. The cream will form tips that curl when it's ready.

***Nutrition information per parfait:** 340 cal., 26 g fat, 82 mg chol., 2 g pro., 27 g carbo., 2 g fiber, and 118 mg sodium.*

MEXICAN BREAKFAST TORTILLAS

4 brown-and-serve sausage links
6 eggs
⅛ tsp. salt
⅛ tsp. pepper

continued on page 146



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COOKING WITH YOUR KIDS

continued from page 144

1 Tbsp. margarine *or* butter
4 6-inch flour tortillas
¾ cup (about 3 oz.) shredded Monterey Jack *or* cheddar cheese
Salsa (optional)
Peeled avocado slices (optional)

● **With a sharp, small knife, cut** each sausage link down the middle lengthwise, ending up with 2 long pieces. In an 8-inch skillet cook halved sausage links over medium heat for 4 to 5 minutes or till brown, turning often with tongs. Remove pan from heat. With tongs, carefully remove sausages from pan. Drain on layers of paper towels.

● **Crack the eggs** into a large mixing bowl*. Add the salt and pepper. With a wire whisk or fork, beat the mixture till yolks and whites are combined. Preheat the oven to 350°.

● **Add margarine or butter** to the same skillet used to cook the sausages. Cook over medium heat till margarine or butter is melted and bubbly.

● **Slowly pour egg mixture** into the skillet. Cook 1 minute without stirring. Cook 4 minutes more or till eggs are firm but still moist and shiny, stirring often. Remove pan from heat.

● **Lightly grease a baking sheet.** Lay tortillas out flat on the baking sheet. Spoon some of the eggs onto *half* of each tortilla. Place two cooked sausage halves on top of the eggs on each tortilla. Top each with cheese. Fold the empty half of the tortilla over filling. Stick a toothpick through the top of each tortilla to keep the tortilla from flapping open while baking.

● **Bake in the preheated 350° oven** for 8 to 10 minutes till the cheese is melted. Cut each filled tortilla into quarters (for easier eating). Remove toothpicks. Serve with salsa and avocado slices, if you like. Serves 4.

***Cook's tip:** To crack the eggs, tap each whole egg gently with a table knife around the middle till it starts to crack. Working over a large mixing bowl, pull the eggshell halves apart and let the egg fall into the bowl. Remove any pieces of eggshell that may have fallen into the bowl.

Nutrition information per serving: 360 cal., 23 g fat, 349 mg chol., 20 g pro., 19 g carbo., 1 g fiber, 476 mg sodium.

Kitchen Safety Tips

Follow these suggestions from Linda Ives-Welch to help make cooking safe and fun—

1. Always wear oven mitts or use pot holders when moving food in or out of the oven or when working with hot pans and lids on the stove top. Ask for help when carrying or moving hot pans or dishes.

2. Turn handles on all pans toward the back or middle of the stove top so pans won't get knocked off the stove.

3. Keep oven mitts, pot holders, and cloth and paper towels away from the burners to avoid a possible fire.

4. Check the oven and burners to make sure they are all off when you're done cooking.

5. Turn off kitchen equipment—such as a blender, mixer, or food processor—and unplug before stirring ingredients with a spoon or any other utensil.

6. Be careful when using a cheese grater. Keep fingers and knuckles away from the grating surface.

7. When working with knives, always cut away from yourself. Also, curl your fingers under, keeping them away from the blade. Remember to work slowly and to pay attention to what the knife is cutting and where your fingers are.

8. Use a sharp knife and a cutting board when chopping and slicing. A dull knife can slip and cause accidents because you have to push harder on the knife to cut.

HOMEMADE GRANOLA

If you like, you can substitute ¾ cup slivered almonds for the coconut. Add the slivered almonds when you add the wheat germ—

2½ cups rolled oats
1 cup flaked *or* shredded coconut
⅓ cup shelled sunflower seeds
¼ cup sesame seed
¼ cup margarine *or* butter
¼ cup packed* brown sugar
¼ cup honey
1½ tsp. vanilla
½ cup toasted wheat germ
1 cup raisins
Milk (optional)
Fresh strawberries, halved (optional)

● **Preheat oven to 300°.** Lightly butter or grease the inside of a large roasting pan. Add oatmeal, coconut, sunflower seeds, and sesame seed; spread evenly. Bake for 20 minutes in a 300° oven, stirring several times.

● **While the oatmeal mixture** is baking, in a small saucepan add margarine or butter, brown sugar, and honey. Cook, stirring constantly, over medium heat till margarine or butter is melted and mixture is combined. Remove from heat. Stir in vanilla.

● **Using hot pads, remove** roasting pan from the oven; place on a wire cooling rack. *Increase* oven temperature to 350°. Add wheat germ to the oatmeal mixture. Pour warm brown sugar mixture over oatmeal mixture. With a fork or spatula, stir the oatmeal mixture till it is thoroughly coated with brown sugar mixture. Bake 5 minutes more. Remove pan from oven; place on a wire cooling rack.

● **Stir raisins into oatmeal mixture.** With a spatula, firmly press down the granola in the pan, making an even layer. Bake for 5 to 10 minutes more or till golden brown. Remove pan from oven and place on a wire cooling rack. With a spatula, remove the granola from the pan (mixture will be crumbly). Spread out the pieces on a large piece of foil. Cool completely.

● **Store in an airtight container** for up to 2 weeks. For breakfast, serve granola with milk and strawberries. Or, eat granola by the handful as a snack. Makes about 7 cups.

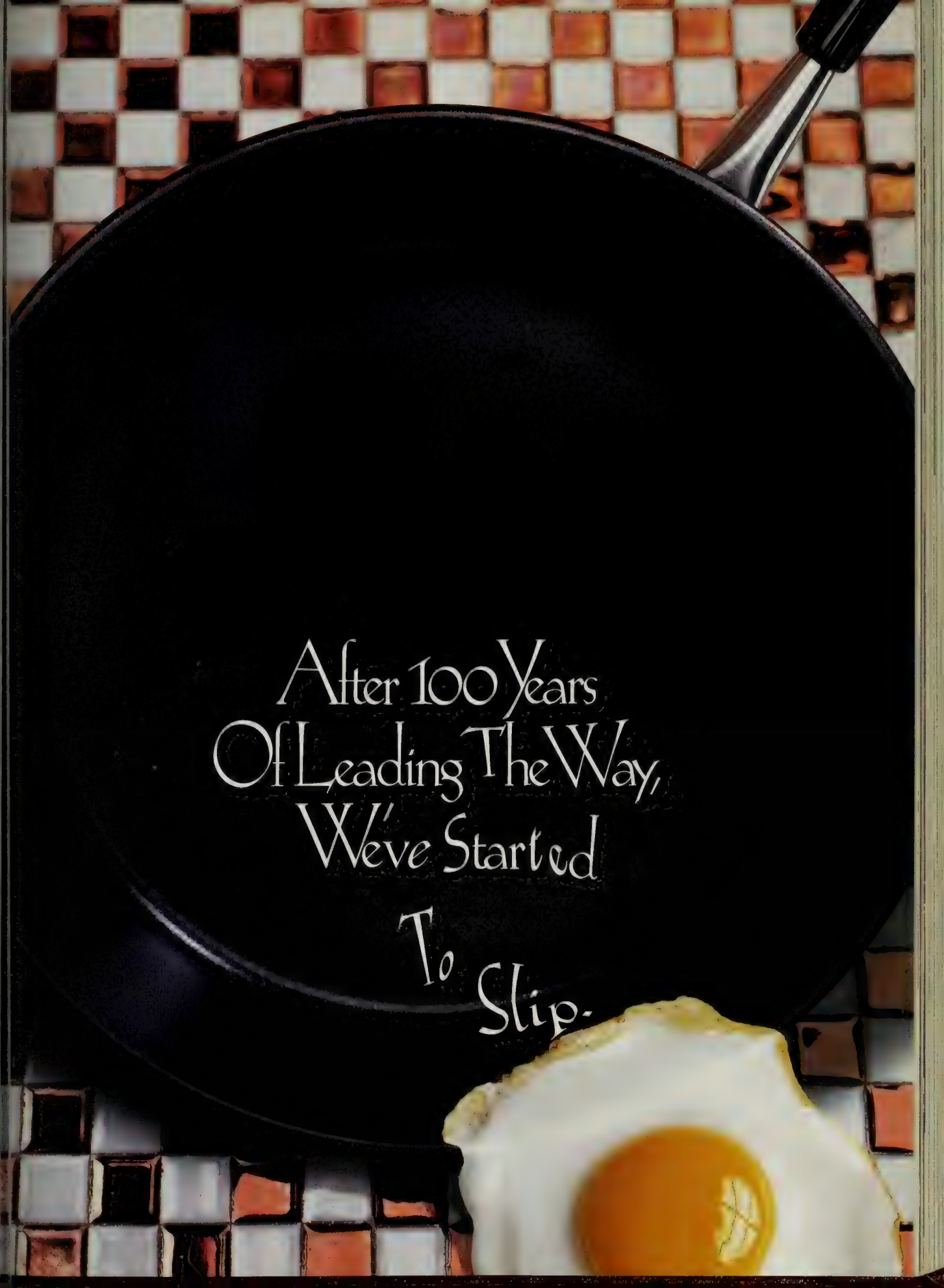
***Cook's tip:** Brown sugar sometimes clumps, so you need to measure it differently than other sugars. Pack it into the dry measuring cup with your fingers or the back of a spoon, pressing it down as you go. Add brown sugar till it is level with the top of the measuring cup. When you dump out the brown sugar, it should hold the cup's shape.

Nutrition information per ½-cup serving: 233 cal., 11 g fat, 0 mg chol., 5 g pro., 32 g carbo., 1 g fiber, 55 mg sodium. RDA: 12% iron, 20% thiamine.

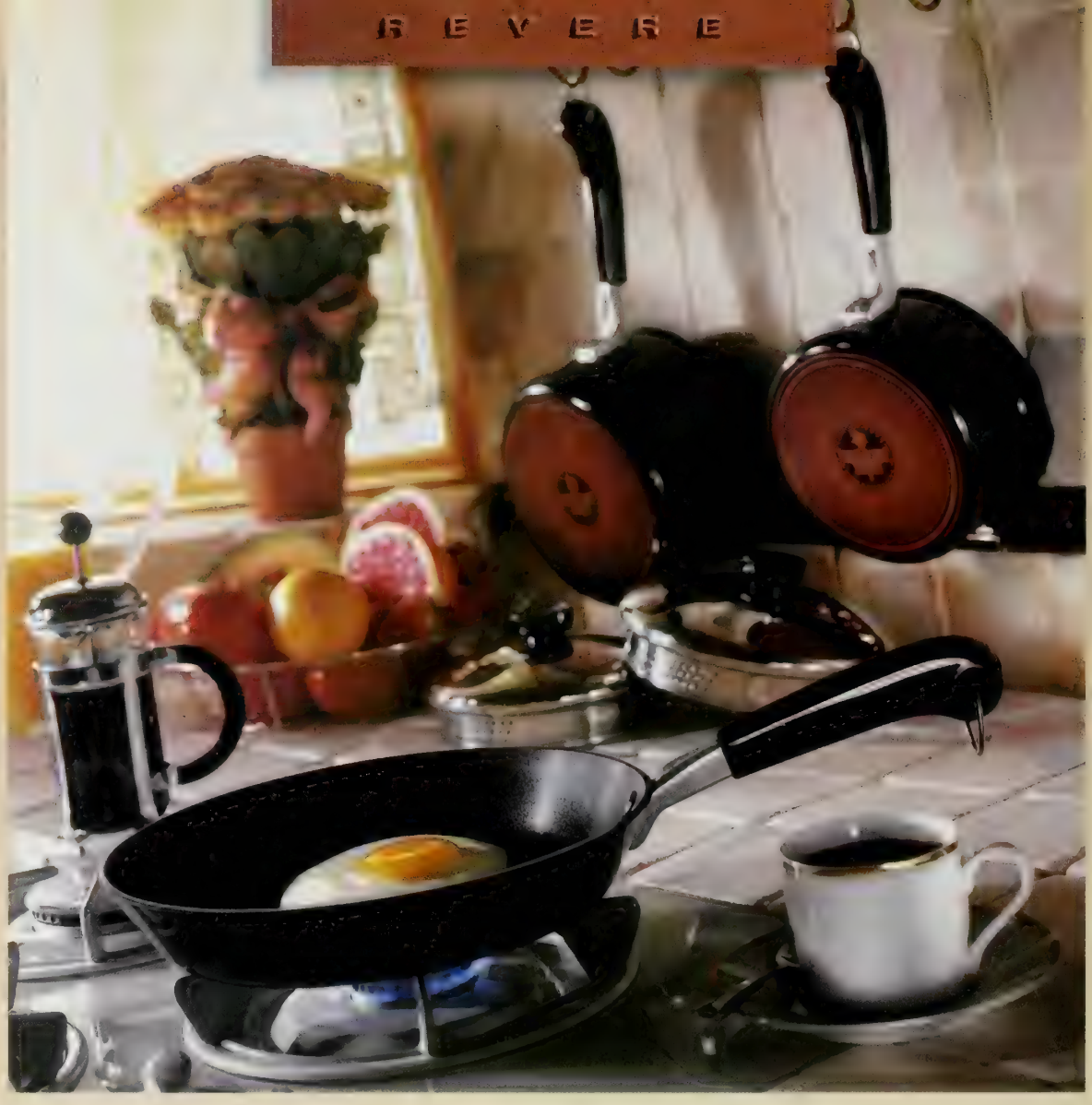
LEMON-ORANGEADE

1 6-oz. can frozen orange juice concentrate (¾ cup)
¼ cup fresh squeezed lemon juice (about 1 large lemon)
2 Tbsp. sugar
Ice cubes

continued on page 148


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Sunbeam-Oster

COOKING WITH YOUR KIDS

continued from page 146

● **In a 2-quart pitcher make** orange juice according to package directions. Add lemon juice and sugar, stirring till sugar is dissolved.

● **Add several ice cubes** to four 8-ounce glasses. Fill each glass with juice and serve. Makes 4 servings.

Nutrition information per serving: *94 cal., 0 g fat, 0 mg chol., 1 g pro., 24 g carbo., 0 g fiber, 7 mg sodium.*

STRAWBERRY BLENDER BREAKFAST

2 cups frozen unsweetened whole strawberries
1½ cups milk
½ cup plain yogurt
2 envelopes vanilla-flavored instant breakfast mix
2 Tbsp. honey

● **In a blender container combine** strawberries, milk, yogurt, breakfast mix, and honey. Cover; blend* till almost smooth, stopping the blender and stirring as necessary. Pour into three or four 8-ounce glasses; serve immediately. Makes 3 or 4 servings.

Cook's tip: When using a blender, follow these safety tips. Before plugging in the cord, check to make sure the blade is tightly screwed into the blender container. Make sure the top is on right. Plug in the cord. Start on a lower speed and work up to a higher one, if needed. Before stirring any mixture in the blender, turn it off and wait for the blade to stop turning.

Chocolate-Banana Blender Breakfast: Prepare just like the Strawberry Blender Breakfast *except* substitute 2 ripe *bananas* for the 2 cups strawberries and use 2 envelopes *chocolate-flavored instant breakfast mix* instead of the vanilla-flavored mix.

Nutrition information per serving of strawberry shake: *244 cal., 3 g fat, 11 mg chol., 11 g pro., 43 g carbo., 3 g fiber, 186 mg sodium. RDA: 37% calcium, 24% iron, 54% vit. A, 126% vit. C, 26% thiamine, 31% riboflavin.*

PEANUTTY DIP

½ cup peanut butter*
½ cup plain yogurt
2 to 3 Tbsp. honey
Apple wedges, celery sticks, cucumber sticks, bias-sliced carrots, *and/or* crackers

● **In a small mixing bowl stir** together peanut butter and yogurt till well mixed. Add *2 tablespoons* of the honey. Taste with a clean spoon. If you would like a sweeter dip, add the remaining *1 tablespoon* of honey.

● **Serve dip** with apple wedges, celery sticks, cucumber slices, carrots sticks, and/or crackers. Transfer any leftover dip to a storage container and store, covered, in the refrigerator for up to 2 days. Makes about 1 cup dip.

Cook's tip: Use a dry measuring cup when measuring peanut butter. Pack the peanut butter into the measuring cup with a rubber scraper. When the cup is full, level off the top with the flat edge of the scraper. To remove the peanut butter from the cup, run the scraper or spatula around the inside of the cup and push the peanut butter out. Be sure to scrape it all out.

Nutrition information per 1 tablespoon dip and 1 celery stick: *61 cal., 4 g fat, 0 mg chol., 2 g pro., 5 g carbo., 1 g fiber, 52 mg sodium.*

PITA PIZZA

For a speedy weeknight dinner, serve these pizzas as a main dish, along with vegetables or fruit—

4 large pita bread rounds
1 8-oz. can pizza sauce
Favorite toppings such as: sliced pitted ripe olives, chopped green *or* red sweet pepper, sliced mushrooms, chopped onions, sliced and chopped pepperoni, *and/or* cooked and crumbled sausage
1½ cups shredded Monterey Jack cheese (6 oz.)
¼ cup grated Parmesan cheese
½ tsp. dried Italian seasoning, crushed, *or* dried basil, crushed*

● **Preheat oven to 350°.** Place whole pita bread rounds in a single layer on a baking sheet. With a spoon, spread each with pizza sauce. Sprinkle pitas with your favorite pizza toppings. Sprinkle each with Monterey Jack cheese, Parmesan cheese, and Italian seasoning or basil.

● **Bake in a 350° oven** about 10 minutes or till cheese is melted and pizza is heated through. Using a sharp knife, cut each pizza into 4 wedges. Makes 4 to 8 snack servings.

Cook's tip: Measure dried Italian seasoning or basil with a measuring spoon. Crush the herb with your fingers while sprinkling it onto the pizza. Crushing releases more of the herb's flavor.

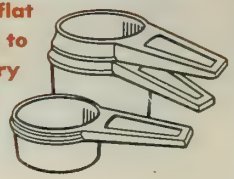
Nutrition information per serving with ripe olives, green pepper, mushrooms, and pepperoni: *329 cal., 17 g fat, 45 mg chol., 18 g pro., 26 g carbo., 2 g fiber, and 967 mg sodium.*

Measuring Tools and Terms

Measuring spoons **are different from the ones you use for eating. Generally, these spoons come in a set that includes ¼ teaspoon, ½ teaspoon, 1 teaspoon, and 1 tablespoon sizes. Use measuring spoons for measuring both liquid and dry ingredients.**



Dry measuring cups **measure dry ingredients only. These are individual cups that usually come in sets, including ¼-cup, ⅓-cup, ½-cup, and 1-cup sizes. To measure dry ingredients, such as flour or sugar, use the cup that matches the amount you need. For example, for ¼ cup sugar, use a ¼-cup dry measuring cup. To get the exact amount you need, use the flat side of a knife to level off the dry ingredient in the measuring cup.**



Liquid measuring cups **have lines that mark measurements, usually both in cups and ounces. Use a liquid measuring cup to measure all liquids, including water, milk, and cooking oil, and honey or syrups. To measure liquids, set the liquid measuring cup on a flat surface. Bend down so your eyes are even with the measurement mark you need. Add the liquid slowly till it reaches that mark.**

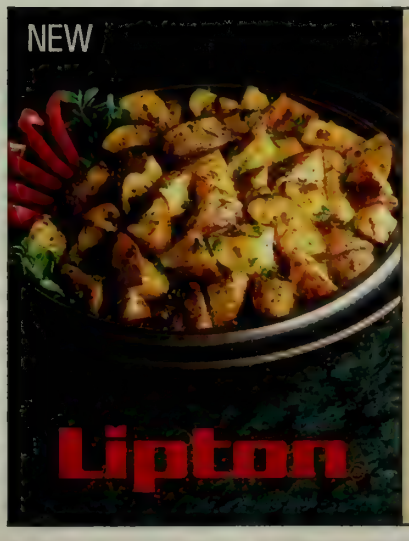


Common abbreviations
tsp. = teaspoon
Tbsp. = tablespoon
lb. = pound
oz. = ounce
pkg. = package

THE POTATOES



THE RECIPE





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ONION ROASTED POTATOES

- 1 envelope Lipton Onion Recipe Soup Mix
- 2 pounds all-purpose potatoes, cut into large chunks
- 1/3 cup olive or vegetable oil

Preheat oven to 450°. In large plastic bag, add all ingredients. Close bag and shake until potatoes are evenly coated. Empty potatoes into shallow baking or roasting pan; discard bag. Bake, stirring occasionally, 40 minutes or until potatoes are tender and golden brown. Garnish, if desired, with chopped parsley. Makes about 8 servings.



Northwestern Chicken Salad

Greens with grilled chicken and fruit—a salad enjoyed anywhere. Vary the produce and dressing for a regional change of taste.

Citrus Chicken

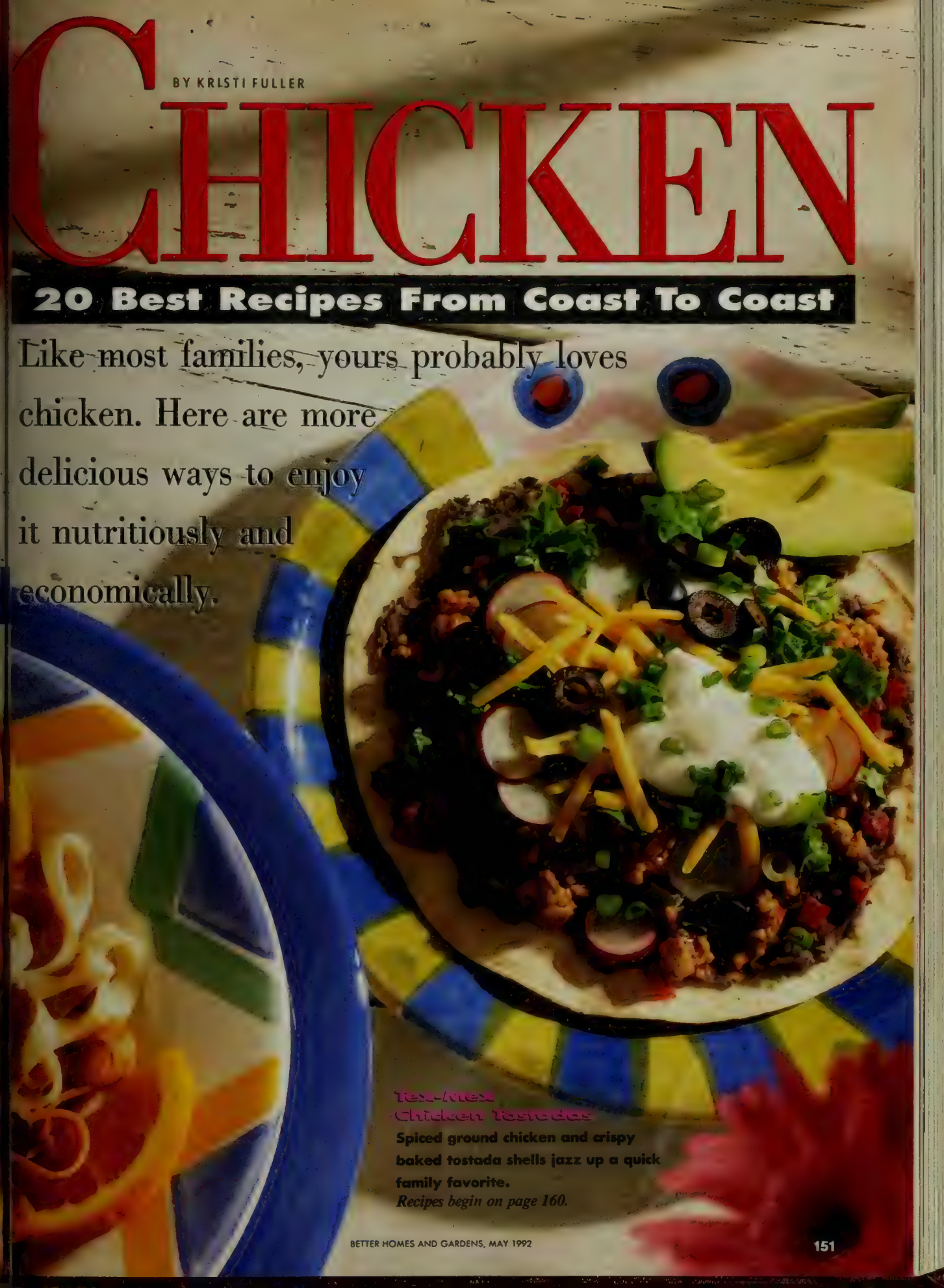
For an easy 20-minute dinner, chicken comes to the rescue. Here, a sweet-and-sour glaze flavors the white meat fillets.

BY KRISTI FULLER

CHICKEN

20 Best Recipes From Coast To Coast

Like most families, yours probably loves chicken. Here are more delicious ways to enjoy it nutritiously and economically.



Tex-Mex Chicken Tostadas
Spiced ground chicken and crispy baked tostada shells jazz up a quick family favorite.
Recipes begin on page 160.

Chicken

Native ingredients, along with a pinch of regional influence, flavor these best-loved dishes.



All-American Barbecued Chicken

Come summer, who can resist a grill full of barbecued chicken? Choose one of three easy sauces to brush on, then just make sure you have plenty of napkins on hand.

Minnesota Wild Rice Stuffed Chicken

When the occasion calls for a fancier dinner, stuff a whole bird. It's one of the easiest ways to fix chicken, and it's a real bargain, too.

[illegible]

California ingredients and Thai flavors—basil, turmeric, and red pepper—mesh in [illegible] quick-serve dish.

Recipes begin on page 162



CHICKEN



PHOTOGRAPHS: SCOTT LITTLE; FOOD STYLIST: JANET HERWIG.

Crispy Chicken Bites

Dip these nibbles into one of three sauces: cherry, Cajun style, or mole.

Buffalo Wings

Buffalo, New York, takes credit for these fiery appetizers. To cool the flame, serve with Blue Cheese Dip.

Crispy Chicken Bites

Need a quick-serve, party appetizer? These cracker-coated, bite-size nuggets bake in the oven in less than 15 minutes—

- **1 lb. skinless, boneless chicken thighs *or* skinless, boneless chicken breasts**
- **¼ cup all-purpose flour**
- **1 tsp. dried parsley flakes**
- **½ tsp. poultry seasoning**
- **⅛ tsp. salt**
- **Dash pepper**

• • •

- **1 beaten egg**
- **2 Tbsp. milk**
- **30 whole wheat *or* regular rich round crackers, finely crushed (1¼ cups)**
- **Lemon wedges (optional)**
- **1 recipe Michigan Cherry, Cajun, *or* Southwestern Mole Dipping Sauce (see recipes, *page 156*)**

● **Rinse chicken.** Pat dry with paper towels. Cut the chicken thighs or breasts into 1-inch pieces. In a plastic bag combine the flour, dried parsley, poultry seasoning, salt, and pepper. Add the chicken pieces, a few at a time, to the seasoned flour mixture. Close the bag and shake to coat chicken pieces well. Set the chicken aside.

● **In a small mixing bowl combine** the beaten egg and the milk. In another small bowl place the finely crushed crackers. Dip the flour-coated chicken pieces, one quarter of the pieces at a time, into the egg-and-milk mixture. Roll the chicken pieces in the crushed crackers. Place the coated chicken pieces in a single layer on a large ungreased baking sheet. Bake in a 400° oven for 10 to 12 minutes or till chicken pieces are no longer pink. If desired, garnish with lemon wedges. Serve with dipping sauce. Makes 8 appetizer servings.

Nutrition information per 2 pieces: *95 cal., 4 g fat, 33 mg chol., 4 g pro., 11 g carbo., 139 mg sodium.*

Buffalo Wings

If you like Buffalo wings with extra heat, use the upper range of the hot pepper sauce—

- **12 chicken wings (about 2 lb.)**
- **2 Tbsp. margarine *or* butter, melted**
- **2 to 3 Tbsp. bottled hot pepper sauce**
- **1 tsp. paprika**
- **Salt and pepper (optional)**
- **1 recipe Blue Cheese Dip**
- **Celery sticks (optional)**

● **Preheat broiler.** Meanwhile, rinse chicken wings; pat dry with paper towels. Cut off and discard tips of chicken wings. Cut wings at joints to form 24 pieces. Place chicken pieces in a shallow, nonmetal pan.

● **For sauce,** in a small mixing bowl stir together the melted margarine or butter, bottled hot pepper sauce, and paprika. Pour mixture over chicken wings, stirring to coat. Cover chicken and let stand at room temperature for 30 minutes.

● **Drain chicken,** reserving the sauce. Place the chicken wing pieces on the unheated rack of a broiler pan. Sprinkle the chicken with salt and pepper, if desired. Brush pieces with some of the reserved sauce. Broil chicken 4 to 5 inches from the heat about 10 minutes or till light brown. Turn the chicken pieces; brush again with the reserved sauce. Broil for 10 to 15 minutes more or till the chicken is tender and no longer pink. Serve with Blue Cheese Dip and celery sticks, if desired. Makes 12 appetizer servings.

Blue Cheese Dip: In a blender container or a food processor bowl combine ½ cup *dairy sour cream,* ½ cup *mayonnaise* or *salad dressing,* ½ cup crumbled *blue cheese,* 1 clove *garlic,* minced, and 1 tablespoon *white wine vinegar* or *white vinegar.* Cover and blend or process dip till smooth. Store dip, covered, in the refrigerator for up to 2 weeks. If desired, top dip with additional crumbled blue cheese before serving. Makes 1¼ cups.

Nutrition information per 2 chicken wing pieces and 2 tablespoons dip: *225 cal., 19 g fat, 40 mg chol., 10 g pro., 0 g carbo., 197 mg sodium, and 0 g fiber. RDA: 13% niacin.*

continued on page 156.

Buying information, page 198.



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Stove Top® makes Hawaiian Chicken simple.



Stove Top® STUFFING MIX

Hawaiian Stuffed Chicken Breasts

2/3 cup hot water
2 Tbsp. margarine
2 cups STOVE TOP® in the Canister Chicken Flavor Stuffing Mix
1 can (8 1/4 oz.) crushed pineapple in syrup
4 boneless, skinless chicken breast halves, pounded 1/4" thick
1 medium green pepper*, chopped
2 Tbsp. brown sugar
2 Tbsp. vinegar
1/4 tsp. ground ginger

- Heat oven to 400° F.
- Mix hot water and margarine in bowl. Stir in stuffing mix, pepper, half the pineapple and syrup.
- Spoon stuffing evenly on chicken; roll tightly. Secure with toothpicks. Place in 9" square pan with any remaining stuffing in center.
- Mix remaining pineapple and syrup, sugar, vinegar and ginger. Spoon over chicken. Bake 30 minutes or until thoroughly cooked.

*or use 1/2 red pepper and 1/2 green pepper. Makes 4 servings.



For more recipes write: KGF, P.O. Box 23065, Kankakee, IL 60902. ©1992 Kraft General Foods, Inc.

CHICKEN RECIPES

continued from page 154

MICHIGAN CHERRY DIPPING SAUCE

1 12-oz. jar cherry jelly
2 Tbsp. lemon juice
⅛ tsp. ground mace
Dash ground cloves

● **In a small saucepan** combine all ingredients. Cook and stir over medium heat till heated through. Serve with Crispy Chicken Bites (see recipe, page 154). Makes about 1 cup.

Nutrition information per tablespoon: *50 cal., 0 g fat, 0 mg chol., 0 g pro., 13 g carbo., 3 mg sodium, 0 g fiber.*

CAJUN DIPPING SAUCE

1 14½-oz. can Cajun-style stewed tomatoes
2 tsp. cornstarch
¼ tsp. bottled hot pepper sauce

● **In a blender container** place the stewed tomatoes. Cover and blend till nearly smooth. In a medium saucepan combine blended tomatoes and cornstarch. Cook and stir till bubbly. Cook and stir 2 minutes more. Stir in bottled hot pepper sauce. Serve with Crispy Chicken Bites (see recipe, page 154). Makes 1½ cups.

Nutrition information per tablespoon: *5 cal., 0 g fat, 0 mg chol., 0 g pro., 1g carbo., 55 mg sodium, 0 g fiber.*

SOUTHWESTERN MOLE DIPPING SAUCE

You can find canned mole powder in the Mexican foods section of your supermarket or in Mexican markets—

¼ cup mole poblano powder
¾ cup water

● **In a saucepan combine** mole powder and water. Bring to boiling; reduce heat. Simmer, uncovered, for 10 to 15 minutes or to desired consistency. Serve with Crispy Chicken Bites (see recipe, page 154). Makes ⅔ cup.

Nutrition information per tablespoon: *18 cal., 1 g fat, 0 mg chol., 1 g pro., 2 g carbo., 33 mg sodium, 1 g fiber.*

COUNTRY CAPTAIN

The state of Georgia takes credit for this southern classic—

1 2½- to 3-lb. broiler-fryer chicken, cut up and skinned
1 14½-oz. can chunky-style stewed tomatoes

¼ cup snipped parsley
¼ cup currants *or* raisins
1 Tbsp. curry powder
½ tsp. instant chicken bouillon granules
½ tsp. ground mace *or* nutmeg
¼ tsp. sugar
1 Tbsp. cornstarch
1 Tbsp. cold water
Hot cooked rice
2 Tbsp. toasted slivered almonds (optional)

● **Rinse chicken;** pat dry. In a large skillet stir together *undrained* tomatoes, parsley, currants or raisins, curry powder, bouillon granules, mace or nutmeg, and sugar. Place chicken in skillet. Spoon sauce over chicken. Bring mixture to boiling; reduce heat. Cover; simmer for 35 to 45 minutes or till chicken is no longer pink. Remove chicken from skillet; keep warm.

● **For sauce,** skim fat from mixture in skillet. In a small bowl stir together cornstarch and cold water; add to skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Serve over rice. Sprinkle with almonds, if desired. Makes 6 servings.

Nutrition information per serving: *346 cal., 8 g fat, 72 mg chol., 27 g pro., 41 g carbo., 403 mg sodium, 2 g fiber.*



Currants, tomatoes, curry, and mace make up the robust sauce for Country Captain.

SOUTHWESTERN-STYLE BURGERS

For a fun presentation, serve with blanched cactus pads (to cook cactus, boil in water 30 to 60 seconds)—

1 beaten egg
¼ cup crushed nacho-flavored *or* plain tortilla chips (1 oz.)
3 Tbsp. finely chopped green pepper
¾ tsp. chili powder
¼ tsp. salt
1 lb. ground raw chicken
1 avocado, halved, seeded, peeled, and sliced
4 oz. sliced Monterey Jack cheese with jalapeño peppers
4 kaiser rolls *or* hamburger buns, split
Lettuce leaves
Salsa
Cactus pads (optional)

● **In a medium mixing bowl combine** egg, tortilla chips, green pepper, chili powder, salt, and ¼ teaspoon *pepper.* Add ground chicken and mix well. Shape into four ¾-inch-thick patties.

● **To grill,** on an uncovered grill place patties directly over *medium-hot* coals; cook for 15 to 18 minutes or till no longer pink, turning once. Top each patty with avocado slices and cheese. Grill 1 to 2 minutes more or till cheese is melted. Toast rolls on grill, if desired.

● **To broil patties,** preheat broiler. Place patties on an unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 6 minutes. Turn patties and broil 6 to 8 minutes more or till patties are no longer pink. Toast rolls under broiler, if desired. Top burgers with avocado and cheese. Broil 1 to 2 minutes or till cheese is melted.

● **To serve,** place one lettuce leaf on bottom half of bun. Top with cooked burger and salsa. Makes 4 servings.

Hawaiian Chicken Burgers: Prepare meat mixture as above, except substitute ¼ cup *fine dry seasoned bread crumbs* for the tortilla chips; 3 tablespoons chopped *water chestnuts* for the green pepper; and ¾ teaspoon ground *ginger* for the chili powder.

Grill or broil patties as above except brush with ¼ cup *bottled sweet-and-sour sauce* during last 5 minutes of cooking. If grilling, place *fresh* or *canned pineapple slices* on grill rack during the last 5 minutes of cooking, if desired. Toast rolls on grill or under broiler, if desired.

To serve burgers, sprinkle bottom half of each bun with some shredded *spinach.* Top with patties. Brush patties with sweet-and-sour sauce and top with pineapple slices, if desired. Makes 4 servings.

Nutrition information for one serving Southwestern-Style Burgers: *424 cal., 23 g fat, 133 mg chol., 29 g pro., 26 g carbo., 674 mg sodium, 2 g fiber.*

continued on page 158

Simply measure out just what you need.



Stove Top® Stuffing in the Canister makes delicious recipes like Hawaiian Chicken simple, because it's easy to measure out a little or a lot. So whether you enjoy it in a recipe or as a side dish, Stove Top® makes meals simply delicious.

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continued from page 157



Southwestern-Style Burgers (see recipe, page 157) with jalapeño-studded Jack cheese, chili powder, and salsa.

WISCONSIN CHEESE-STUFFED CHICKEN ROLLS

Wisconsin, "America's Dairyland," produces more cheese than any other state—

- **2 Tbsp. sun-dried tomatoes (not oil pack)**
- **4 medium boneless, skinless chicken breast halves (about 12 oz. total)**
- **2 Tbsp. all-purpose flour**
- **¼ tsp. salt**
- **⅛ tsp. pepper**
- **⅓ cup fine dry bread crumbs**
- **2 Tbsp. grated Parmesan cheese**
- **½ tsp. paprika**
- **1 egg**
- **4 oz. sharp cheddar cheese**
- **½ to 1 tsp. dried fines herbes *or* leaf sage, crushed**
- **1 Tbsp. margarine *or* butter, melted**

● **In a small bowl place** dried tomatoes. Add enough hot water to cover; soak for 10 minutes. Drain and pat dry. Finely chop. Set aside. Place each chicken breast half between clear plastic wrap and pound each with a meat mallet to ⅛-inch thickness. Remove plastic wrap.

● **In a small shallow bowl combine** the flour, salt, and pepper. In another small, shallow bowl combine the bread crumbs, Parmesan cheese, and paprika. In another small bowl slightly beat the egg.

● **Cut cheddar cheese** into four 3x1x½-inch pieces. Place a cheese stick on each pounded chicken breast half. Sprinkle each half with some of the chopped dried tomatoes and dried herbs. Fold in the sides of each chicken breast and roll up tightly. Roll in flour mixture, egg, and then bread crumb mixture.

● **Arrange chicken rolls,** seam side down, in a shallow baking dish. (To make ahead, cover and chill for 1 to 4 hours.) Drizzle with melted margarine. Bake in a 350° oven for 20 to 25 minutes or till chicken is no longer pink. Makes 4 servings.

Nutrition information per serving: *318 cal., 17 g fat, 130 mg chol., 28 g pro., 12 g carbo., 587 mg sodium, 0 g fiber. RDA: 35% calcium, 10% iron, 23% vit. A, 12% thiamine, 24% riboflavin, and 50% niacin.*



Cheddar cheese, tomato bits, and herbs hide inside succulent chicken rolls.

MARYLAND FRIED CHICKEN

For this Maryland version of fried chicken, milk is added after partially cooking the chicken so it steams rather than fries—

- **1 beaten egg**
- **3 Tbsp. milk**
- **1 cup finely crushed crackers (28 saltines)**
- **1 tsp. dried thyme, crushed**
- **½ tsp. paprika**
- **⅛ tsp. pepper**

Meaty chicken pieces (2½- to 3-lb.)

- **2 to 3 Tbsp. cooking oil**
- **1 cup milk**
- **1 recipe Cream Gravy**

Hot mashed potatoes (optional)

● **In a small mixing bowl combine** the egg and the 3 tablespoons milk. In a shallow mixing bowl combine the crackers, thyme, paprika, and pepper. Set aside.

● **Rinse chicken pieces** and pat dry with paper towels. Dip chicken pieces, one at a time, in egg mixture, then roll in cracker mixture.

● **In a large skillet heat oil.** Add chicken to skillet, placing meatier pieces toward the center. Cook, uncovered, over medium heat for 10 to 15 minutes, turning occasionally to brown evenly. Drain fat. Add the 1 cup milk to skillet. Reduce heat to medium-low; cover tightly. Cook for 35 minutes. Uncover; cook for 10 minutes more or till chicken is tender and no longer pink. Prepare gravy, if desired. Makes 6 servings.

Cream Gravy: Transfer chicken to a serving platter; keep warm. Skim fat from drippings. Reserve *3 tablespoons* drippings in skillet. In a screw-top jar combine ¾ cup *milk,* 3 tablespoons *all-purpose flour,* ¼ teaspoon *salt,* and ⅛ teaspon *pepper;* shake till well combined. Add to skillet. Stir in ¾ cup additional *milk.* Cook over medium heat, stirring constantly, till thickened and bubbly. Cook and stir 1 minute more. (If desired, thin with additional milk.) Makes 1½ cups.

Oven-Fried Chicken: Skin chicken pieces; coat pieces as directed. Omit the cooking oil and the 1 cup milk. Grease or spray a 15x10x1-inch or 13x9x2-inch baking pan with nonstick coating. Arrange the coated chicken pieces in the pan so pieces don't touch. Drizzle chicken pieces with 2 tablespoons melted *margarine* or *butter.* Bake in a 375° oven for 45 to 55 minutes or till chicken is tender and no longer pink. Do not turn the chicken pieces. Serve with Sour Cream-Mushroom Gravy, if desired.

Sour Cream-Mushroom Gravy: Heat 1 tablespoon *margarine* or *butter* in a medium saucepan. Add 1 cup sliced *fresh mushrooms* and ¼ cup chopped *onion.* Cook and stir over medium-high heat for 4 to 5 minutes or till tender. In a small bowl combine ½ cup *dairy sour cream* and 2 tablespoons *all-purpose flour.* Stir in ¾ cup *milk,* 1 tablespoon *dry sherry,* ¼ teaspoon *salt,* and ¼ teaspoon *pepper.* Add to mushroom mixture. Cook and stir till thickened and bubbly (mixture may look curdled until cooking is complete). Cook and stir 1 minute more. Makes 1⅔ cups.

Nutrition information per serving Maryland Fried Chicken and gravy: *393 cal., 19 g fat, 133 mg chol., 34 g pro., 18 g carbo., 402 mg sodium, 0 g fiber. RDA: 20% calcium, 15% iron, 16% vit. A.*

continued on page 160

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CHICKEN RECIPES

continued from page 158



Chicken lovers everywhere will enjoy old-fashioned Maryland Fried Chicken (see recipe, page 158).

NORTHWESTERN CHICKEN SALAD

By changing the fruit, vegetable, and vinaigrette, you can taste the flavors of different regions of the country. Try the California or Honolulu versions (recipes follow) another time—

- **1 recipe Raspberry Vinaigrette (see recipe, *below right*)**
- **2 boneless, skinless chicken breast halves (about 8 oz.)**
- **8 to 10 asparagus spears**
- **Lettuce leaves**
- **4 cups shredded mixed greens (such as iceberg *or* Boston)**
- **2 Tbsp. chopped sweet onion (such as Walla Walla *or* red)**
- **6 to 8 whole strawberries**
- **1 pear, cored and sliced**
- **8 to 10 whole pecan halves, toasted (optional)**

● **Prepare Raspberry Vinaigrette;** reserve *half* for dressing. Rinse chicken; pat dry. In a medium bowl combine remaining vinaigrette and chicken. Cover; marinate for 30 minutes in the refrigerator. Drain; reserve marinade.

● **Grill chicken** on an uncovered grill directly over *medium-high* coals for 15 to 18 minutes or till no longer pink, turning once and brushing with reserved marinade last 5 minutes of grilling. (*Or,* place chicken on an unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 9 minutes or till no longer pink, turning once and brushing with reserved marinade.) Discard any remaining marinade.

● **Meanwhile, in a medium saucepan** cook asparagus, uncovered, in a small amount of boiling water for 6 to 8 minutes or till crisp-tender.

● **To serve,** slice each chicken breast crosswise into 6 to 8 pieces. Line two plates with lettuce leaves. Divide shredded greens between plates. Top with chicken, asparagus, onion, strawberries, and pear. Serve with Raspberry Vinaigrette; sprinkle with pecans, if desired. Makes 2 servings.

Nutrition information per serving: *379 cal., 20 g fat, 59 mg chol., 26 g pro., 27 g carbo., 131 mg sodium, 5 g fiber.*

California Chicken Salad: Prepare Cilantro Vinaigrette (see recipe, *at right*). Reserve *half* of the vinaigrette for dressing. Marinate and grill or broil chicken as directed.

Prepare salad as directed above for Northwestern Chicken Salad *except* substitute 1 cup *yellow* and/or *green wax beans* for the asparagus; and 1 *carambola* (star fruit), sliced, and 1 *mango,* seeded, peeled, and sliced for the strawberries and pear.

In a small saucepan cook the beans, uncovered, in a small amount of boiling water about 15 minutes or till crisp-tender.

Serve as directed for Northwestern Chicken Salad, arranging the sliced chicken, beans, carambola, and mango atop greens. Serve with reserved vinaigrette and sprinkle each serving with *chopped peanuts* or *sesame seed,* if desired.

Honolulu Chicken Salad: Prepare Papaya Vinaigrette (see recipe, *at right*). Reserve *half* of the vinaigrette for dressing. Marinate and grill or broil chicken as directed.

Prepare salad as directed for Northwestern Chicken Salad *except* substitute 1 cup *pea pods* for the asparagus and 1 cup cubed *fresh* or *canned pineapple* and 1 *kiwi fruit,* sliced for the strawberries and pear.

In a small saucepan cook the pea pods, uncovered, in a small amount of boiling water about 2 minutes or till crisp-tender.

Serve as directed for Northwestern Chicken Salad, arranging sliced chicken, pea pods, pineapple, and kiwi fruit atop greens. Serve with reserved vinaigrette dressing and sprinkle each serving with *toasted coconut,* if desired.

RASPBERRY VINAIGRETTE

- **¼ cup pear nectar**
- **2 Tbsp. salad oil**
- **2 Tbsp. raspberry vinegar *or* white wine vinegar**
- **½ to 1 tsp. dried basil, crushed**
- **1 tsp. Dijon-style mustard**
- **1 tsp. sesame oil**
- **⅛ tsp. pepper**

● **In a screw-top jar combine** all ingredients. Cover; shake well. Store in refrigerator for up to 2 weeks. Shake before serving. Makes ½ cup.

CILANTRO VINAIGRETTE

- **¼ cup papaya *or* apricot nectar**
- **2 Tbsp. olive oil *or* salad oil**
- **2 Tbsp. rice wine vinegar *or* white wine vinegar**
- **1 tsp. sesame oil**
- **3 Tbsp. fresh snipped cilantro *or* ½ to 1 tsp. dried cilantro, crushed**
- **½ tsp. ground ginger**
- **⅛ to ¼ tsp. ground red pepper**

● **In a screw-top jar combine** all ingredients. Cover; shake well. Store in refrigerator for up to 2 weeks. Shake before serving. Makes ½ cup.

PAPAYA VINAIGRETTE

- **¼ cup papaya *or* apricot nectar**
- **2 Tbsp. salad oil**
- **2 Tbsp. white wine vinegar**
- **1 tsp. sesame oil**
- **½ to 1 tsp. dried basil, crushed**
- **½ tsp. ground ginger**
- **¼ tsp. dry mustard**

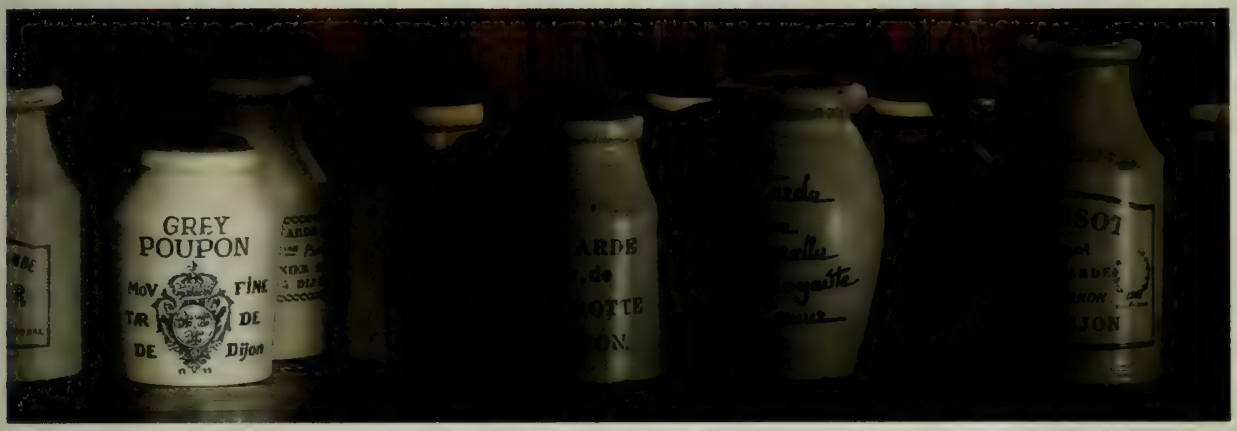
● **In a screw-top jar combine** all ingredients. Cover; shake well. Store in refrigerator for up to 2 weeks. Shake before serving. Makes ½ cup.

Nutrition information per tablespoon: *40 cal., 4 g fat, 0 mg chol., 0 g pro., 1 g carbo., 1 mg sodium, 0 g fiber.*

CITRUS CHICKEN

- **2 boneless, skinless chicken breast halves**
- **1 tsp. grated orange peel**
- **½ cup orange juice**
- **2 Tbsp. balsamic vinegar *or* white wine vinegar**
- **1½ tsp. cornstarch**
- **1 tsp. honey**
- **½ tsp. instant chicken bouillon granules**
- **Dash white pepper**
- **1 cup sliced fresh shiitake *or* button mushrooms**
- **1 Tbsp. margarine *or* butter**
- **4 oz. tomato linguine *and/or plain* linguine, cooked**

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CHICKEN RECIPES

continued from page 160

Snipped chives (optional)
Orange slices, halved (optional)

- **Rinse chicken;** pat dry with paper towels. Place each breast half between 2 pieces of plastic wrap. Working from center to edges, pound with the flat side of a meat mallet to ⅛-inch thickness. Remove plastic wrap.
- **In a small bowl stir together** the orange peel, orange juice, vinegar, cornstarch, honey, bouillon granules, and pepper. Set aside.
- **In a large skillet cook** mushrooms in hot margarine or butter till tender; remove from skillet. In the same skillet cook chicken over medium-high heat for 4 minutes or till no longer pink, turning once. Remove chicken from skillet. Cover to keep warm.
- **Return mushrooms to skillet.** Stir in juice mixture. Cook and stir till bubbly. Cook and stir 2 minutes more.
- **To serve,** divide hot linguine between two dinner plates. Place one breast half atop linguine. Spoon mushroom sauce over each. Sprinkle with chives and garnish with orange slices, if desired. Makes 2 servings.

Nutrition information per serving: *485 cal., 10 g fat, 59 mg chol., 31 g pro., 68 g carbo., 342 mg sodium, 1 g fiber.*

TEX-MEX CHICKEN TOSTADAS

4 8-inch flour tortillas
1 lb. ground raw chicken *or* turkey
1 tsp. chili powder
1 8-oz. bottle medium *or* hot salsa
1 15-oz. can black beans *or* pinto beans
2 Tbsp. diced pimiento
1 cup chopped lettuce
¼ cup thinly sliced radishes
¼ cup shredded cheddar cheese
1 2¼-oz. can sliced pitted ripe olives
Dairy sour cream (optional)
2 Tbsp. thinly sliced green onion

- **For tostada shells,** place tortillas in a single layer on the middle oven rack. Bake in a 350° oven about 6 minutes, turning halfway through baking time or till golden and crisp. (If tortillas bubble during baking, puncture the bubble with a fork.) Set aside and cover to keep warm.
- **Meanwhile, in a medium skillet** cook and stir chicken and chili powder over medium heat till chicken is tender and no longer pink. Stir in salsa. Set aside; keep warm.
- **Drain beans,** reserving liquid. In a small saucepan stir beans over low heat till heated through. With a potato masher or fork, mash beans adding reserved bean liquid till of spreadable consistency. Heat through.
- **To assemble,** place a warm tortilla on each dinner plate. Spread with a thin layer of beans. Top beans with some of the chicken mixture, pimiento, lettuce, radishes, cheese, ripe olives, sour cream, if desired, and green onion. Garnish with *avocado* slices, if desired. Makes 4 servings.

Nutrition information per serving: *355 cal., 13 g fat, 62 mg chol., 28 g pro., 38 g carbo., 730 mg sodium, 6 g fiber.*

PACIFIC RIM STIR-FRY

This colorful, mildly spicy stir-fry is served over boiled rice sticks (thin, flat Chinese noodles). Look for them in the Oriental or noodle section of your supermarket or in Asian markets—

3 oz. rice sticks (also called rice noodles) *or* thin vermicelli, broken
12 oz. boneless, skinless chicken thighs *or* breasts
½ cup chicken broth
2 Tbsp. soy sauce
2 Tbsp. snipped fresh basil *or* 2 tsp. dried basil, crushed
2 tsp. cornstarch
1 tsp. chili oil *or* ½ tsp. crushed red pepper
½ tsp. ground turmeric
1 Tbsp. cooking oil
2 medium carrots, cut into julienne strips
2 cups broccoli flowerets
1 red *or* green sweet pepper, cut into 1-inch strips (½ cup)
¼ cup cashew halves *or* peanuts

- **In a saucepan cook** rice sticks in boiling water for 3 minutes. (Or, cook vermicelli according to package directions.) Drain. Set aside; keep warm.
- **Meanwhile,** cut chicken thighs or breasts into thin, bite-size strips. For sauce, combine broth, soy sauce, basil, cornstarch, chili oil or crushed red pepper, and turmeric; set aside.

● **Add oil to wok.** Preheat over medium-high heat (add more oil if necessary during cooking). Stir-fry carrots in hot oil for 1 minute. Add broccoli. Stir-fry for 2 minutes more; add sweet pepper. Stir-fry for 1½ to 2 minutes more. Remove vegetables. Stir-fry chicken 2 to 3 minutes or till no longer pink. Push chicken from center.

● **Stir sauce;** add to center of wok. Cook and stir till bubbly. Return vegetables to wok. Stir to coat. Cook and stir 2 minutes more or till heated through. Serve immediately over hot rice sticks or vermicelli. Top with cashews or peanuts. Makes 4 servings.

Nutrition information per serving: *309 cal., 11 g fat, 45 mg chol., 21 g pro., 31 g carbo., 697 mg sodium, 1 g fiber.*

ALL-AMERICAN BARBECUED CHICKEN

1 2½- to 3-lb. broiler-fryer chicken, quartered
1 recipe Classic, Texas-Style, *or* Ohio-Style Barbecue Sauce

● **Rinse chicken.** Pat dry. Break wing, hip, and drumstick joints so pieces lie flat. Twist wing tips under back. Grill chicken, skin side down, on an uncovered grill directly over *medium* coals for 20 minutes. Turn chicken; grill for 15 to 20 minutes more or till no longer pink. Brush with desired sauce during last 10 minutes of grilling. Heat remaining sauce till bubbly; pass with chicken. Makes 4 to 6 servings.

Classic Barbecue Sauce: In a saucepan cook ½ cup finely chopped *onion* in 1 tablespoon *cooking oil* till onion is tender. Stir in 1 cup *catsup,* ½ cup *water,* ¼ cup *vinegar,* 2 to 3 tablespoons *brown sugar,* 2 tablespoons *Worcestershire sauce,* and 2 dashes *bottled hot pepper sauce.* Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or to desired consistency. Makes about 1½ cups.

Texas-Style Barbecue Sauce: In a saucepan melt 1 tablespoon *margarine* or *butter.* Add ½ cup finely chopped *onion;* 2 *cloves garlic,* minced; 1 teaspoon *chili powder;* and ¼ teaspoon ground *sage.* Cook and stir till onion is tender. Stir in ½ cup *catsup,* 2 tablespoons *water,* 2 tablespoons *vinegar,* 1 tablespoon *sugar,* 1 tablespoon *lemon juice,* 1 tablespoon *Worcestershire sauce,* ½ teaspoon *salt,* ½ teaspoon *bottled hot pepper sauce,* and ¼ teaspoon cracked *black pepper.* Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes, stirring occasionally. Makes about 1 cup.

Ohio-Style Barbecue Sauce: In a medium saucepan combine ½ cup *chili sauce,* ½ cup *catsup,* ⅓ cup *maple* or *maple-flavored syrup,* ¼ cup *vinegar,* 2 teaspoons *dry mustard,* and ¼ to ½ teaspoon ground *red pepper.* Bring mixture to boiling, stirring occasionally. Simmer, uncovered, about 15 minutes. Makes about 1⅓ cups.

Nutrition information per serving with Classic Barbecue Sauce: *401 cal., 19 g fat, 99 mg chol., 32 g pro., 27 g carbo., 881 mg sodium, 0 g fiber.*

MINNESOTA WILD RICE STUFFED CHICKEN

1 6-oz. pkg. long grain and wild rice mix
2 medium cooking apples (such as Granny Smith *or* Jonathan), cored and chopped
3 cups sliced fresh mushrooms
1 cup shredded carrot
½ cup thinly sliced green onion
1 4-lb. broiler-fryer chicken
2 to 3 Tbsp. apple jelly, melted
Apple wedges (optional)

● **Cook rice** according to package directions, *except* add apple, mushrooms, carrot, onion, and ½ teaspoon *pepper* to rice before cooking.

● **Meanwhile, rinse chicken** and pat dry. Spoon some of the stuffing loosely into the neck cavity; pull the neck skin to the back and fasten with a small skewer. Lightly spoon stuffing into body cavity. Twist the wing tips under the back and tie legs to tail.

● **Place stuffed bird,** breast side up, on a rack in a shallow roasting pan. Insert meat thermometer into the center of one of the inside thigh muscles. The bulb should not touch the bone. Roast, uncovered, in a 375° oven 1¾ to 2¼ hours or till chicken is no longer pink and drumstick moves easily in the socket. Brush chicken with melted jelly once or twice during the last 10 minutes of roasting. Transfer bird to a large platter. Spoon dressing around bird. Garnish with apple, if desired. Makes 8 servings.

Nutrition information per serving: *344 cal., 14 g fat, 79 mg chol., 28 g pro., 27 g carbo., 473 mg sodium, 1 g fiber.*

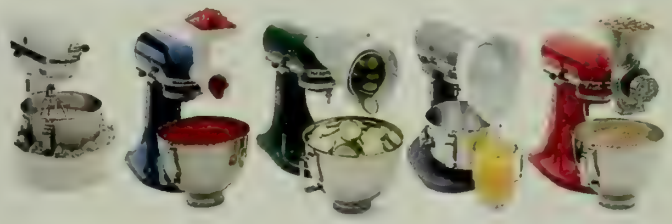


BREAD WINNER.

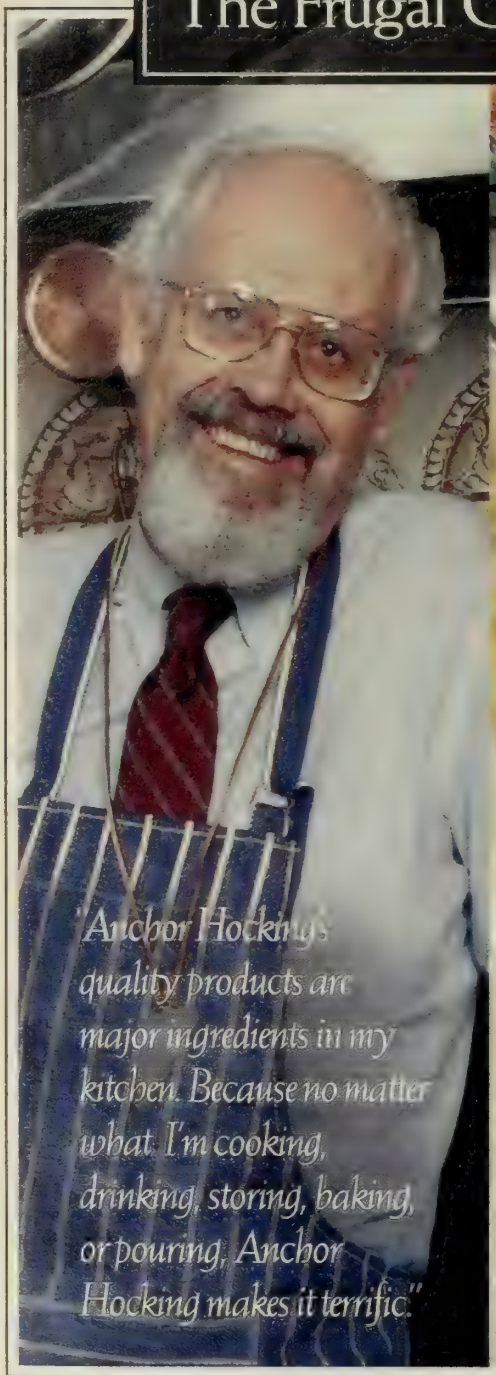
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Quick-Baked Pasta Family Style

2 Tbsp. olive oil
1 lb. lean coarse ground beef
3 cloves garlic, peeled and crushed
1/2 C. half and half
3/4 C. red marinara or spaghetti sauce
3/4 C. good brown gravy (homemade beef gravy, or canned brown gravy, in a pinch)
1/4 C. Parmesan or Romano cheese, freshly grated
1 tsp. dried whole oregano
1/2 tsp. dried whole rosemary
Salt and black pepper, freshly ground, to taste
3/4 lb. penne pasta (short, small pasta tubes)
Topping: 1 C. Mozzarella or Swiss cheese, coarsely grated

Bring 4 quarts of water to a boil. Heat a large frying pan and add the oil, beef, and garlic. Saute until the meat is tender and then drain excess fat. Add all remaining ingredients except the cheese for topping and the pasta. Simmer the mixture while the pasta cooks until just barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart Anchor Hocking glass rectangular baking dish and top with the remaining cheese. Bake uncovered at 350° for 25 minutes or until all is bubbly hot. Store leftovers in Anchor Hocking Pop-Top Storables® containers. Great for freezer, refrigerator or microwave. Serves 6. ANCHOR HOCKING



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How would you like to win cash or new products? Just send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Fancy Holiday Desserts

Send us your five-star, holiday-best recipes for tortes, pies, cakes, pastries, or any special dessert. Is it fixed ahead or, made from convenience products to save time?

Party Spreads and Dips

Is your dip healthful? Do you fix up a purchased dip or mix? Or, did you take a favorite and update the ingredients? We're looking for new ideas.

WINNERS IN THIS ISSUE (pages 167 and 168)

$200 Winners

Donna Higgins, *Halfway, Oreg.*
Elaine Schultz, *Miami, Fla.*

$100 Winners

Betty J. Nichols, *Eugene, Oreg.*
Paul Michael Suino, *Scottsdale, Ariz.*

Honor Roll Winners

Each received an Oneida platter.
Anne Marie Carlton, *Vancouver, Wash.;* Aleen Eidinger, *Las Animas, Colo.;* Kathleen Mar, *Savoy, Ill.;* Jackie Rominski, *Corpus Christi, Tex.;* Deborah Sanchez, *Palmdale, Calif.;* Dorothea Simpson, *Springfield, Mo.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** For each entry, print your name, address, and recipe marked "December Fancy Holiday Desserts" or "December Party Spreads and Dips." Specify brands used and recipe origin. **3.** Address recipes to 9212 Food Dept., Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** All entries must be postmarked by May 31, 1992. **5.** Winners are selected about 60 days later and notified by mail. **6.** Recipes must be original and are judged on creativity, taste, and practicality. **7.** Entries are not returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes.

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CRISCO CRANBERRY SWIRL MUFFINS

¼ cup Crisco Shortening
½ cup sugar
2 egg whites
1 ½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt (optional)
¾ cup skim milk
½ cup cranberry raspberry sauce

1. Heat oven to 400° F. Grease 12 medium (about 2½ inch) muffin cups or use foil or paper liners.
2. Cream Crisco and sugar with fork in medium bowl until blended. Add egg whites. Beat until fairly smooth. Stir in flour, baking powder, salt (if used) and milk until just mixed. Add cranberry raspberry sauce. Fold and swirl through batter.
3. Spoon batter evenly into muffin cups, filling about three-fourths full.
4. Bake at 400° F for 21 or 22 minutes or until golden brown. Cool 5 minutes before removing from pan. Serve warm or at room temperature.

YIELD: ONE DOZEN MUFFINS

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WIN MONEY FOR YOUR RECIPES
See Page 165 For Details

PRIZE TESTED RECIPES®

ORIENTAL DINNERS

File under Meat or Poultry
May, 1992



$200 WINNER *Elaine Schultz, Miami, Fla.*

PORK AND PEAR STIR-FRY

Plum preserves give this winning stir-fry a delicious sweetness—

1½ cups fresh *or* frozen pea pods (about 4 oz.)
1 lb. pork tenderloin
½ cup plum preserves
3 Tbsp. soy sauce
2 Tbsp. lemon juice
1 Tbsp. prepared horseradish
2 tsp. cornstarch
½ tsp. crushed red pepper
2 tsp. grated gingerroot
1 Tbsp. cooking oil
1 medium yellow *or* green sweet pepper, cut into julienne strips
1 medium pear, cored and sliced
⅓ cup sliced water chestnuts
1 to 2 Tbsp. sliced almonds, toasted (optional)
Hot cooked rice

Thaw pea pods, if frozen. Cut pork into thin bite-size strips. Set aside.

For sauce, in a small bowl stir together preserves, soy sauce, lemon juice, horseradish, cornstarch, and red pepper. Set aside.

In a wok or large skillet stir-fry gingerroot in hot oil for 15 seconds over medium-high heat. (Add more oil if necessary during cooking.) Add sweet pepper and pear; stir-fry for 1½ minutes more. Remove vegetables from wok. Add pork to wok; stir-fry for 2 to 3 minutes or till no longer pink. Push pork from center of wok. Stir sauce; add to wok. Cook and stir till bubbly. Add water chestnuts. Return vegetables to wok; stir to coat. Cook and stir about 2 minutes more. Top with pea pods; cover and heat through. Sprinkle with almonds, if desired. Serve with hot cooked rice. Makes 4 servings.

Nutrition information per serving: *485 cal., 8 g fat, 81 mg chol., 30 g pro., 72 g carbo., 3 g*

Clip along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

CHOCOLATE COOKIES

File under Cookies
May, 1992



$200 WINNER *Donna Higgins, Halfway, Oreg.*

MOCHA TRUFFLE COOKIES

These double-chocolate cookies have a soft trufflelike center, a crispy outside, and a delectable coffee flavor—

½ cup margarine *or* butter
½ cup semisweet chocolate pieces
1 Tbsp. instant coffee crystals
¾ cup sugar
¾ cup packed brown sugar
2 eggs
2 tsp. vanilla
2 cups all-purpose flour
⅓ cup unsweetened cocoa powder
½ tsp. baking powder
¼ tsp. salt
1 cup semisweet chocolate pieces

In a large saucepan melt margarine or butter and the ½ cup chocolate pieces over low heat. Remove from heat. Stir in coffee crystals; cool 5 minutes. Stir in sugars, eggs, and vanilla. In a medium mixing bowl combine flour, cocoa powder, baking powder, and salt. Stir into coffee mixture. Stir in the 1 cup chocolate pieces. Drop dough by rounded tablespoons onto lightly greased cookie sheets. Bake in a 350° oven 10 minutes. Let cool 1 minute before removing from sheet. Makes 30 cookies.

Nutrition information per cookie: *143 cal., 6 g fat, 14 mg chol., 2 g pro., 22 g carbo., 0 g fiber, and 65 mg sodium.*



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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

CHOCOLATE COOKIES

File under Cookies
May, 1992



$100 WINNER *Betty J. Nichols, Eugene, Oreg.*

CHERRY-CHOCOLATE COOKIES

Betty gives the all-time favorite, thumbprint cookies, the ultimate flavor twist by adding chocolate, orange, and cinnamon—

- **1 cup margarine *or* butter**
- **¾ cup packed brown sugar**
- **2 egg yolks**
- **2 oz. semisweet chocolate, melted and cooled**
- **1½ tsp. finely shredded orange peel**
- **1 tsp. ground cinnamon**
- **1 tsp. vanilla**
- **¼ tsp. salt**
- **2¼ cups all-purpose flour**
- **1½ to 2 cups finely chopped pecans**
- **2 egg whites**
- **¾ cup cherry jelly *or* preserves**

In large mixing bowl beat margarine or butter and brown sugar with an electric mixer on medium speed for 30 seconds. Add egg yolks, beating well. Blend in melted chocolate, orange peel, cinnamon, vanilla, and salt. Stir in flour. Place pecans and egg white in two separate small, shallow bowls. Slightly beat egg whites with a fork. Shape dough into 1-inch balls. Dip each ball into egg white; roll in pecans to coat. Place balls, 2 inches apart, on lightly greased baking sheets. Using your thumb, make slight indentation in top of each cookie. Bake in 350° oven about 12 minutes or till edges are firm. Cool cookies on a wire rack. Fill centers of cooled cookies with a small spoonful of jelly or preserves. Makes about 60 cookies.

Nutrition information per cookie: *88 cal., 5 g fat, 7 mg chol., 1 g pro., 10 g carbo., 0 fiber, and 48 mg sodium.*

Buying information, page 174.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

ORIENTAL DINNERS

File under Meat or Poultry
May, 1992



$100 WINNER *Paul Michael Suino, Scottsdale, Ariz.*

CHICKEN SALAD WITH TAHINI SAUCE

Tahini (tuh-HEE-nee) is a thick paste made of ground sesame seed. Look for it in the foreign foods section of your grocery store or in Asian markets—

- **12 oz. boneless, skinless chicken breast halves**
- **6 to 10 green onions**
- **2 small carrots**
- **¼ cup tahini (sesame paste)**
- **2 Tbsp. salad oil**
- **3 Tbsp. soy sauce**
- **3 Tbsp. red wine vinegar**
- **2 tsp. sugar**
- **½ to 1 tsp. chili oil *or* ½ to 1 tsp. crushed red pepper flakes**
- **1 clove garlic, minced**
- **1 to 2 Tbsp. brewed tea, cooled *or* water (optional)**
- **4 to 6 cups shredded bok choy, romaine, *or* Chinese cabbage**
- **2 to 3 Tbsp. peanuts**

Place the chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat for 12 to 15 minutes or till tender and no longer pink, turning once. Cut chicken into thin, bite-size strips. Cut onions and carrots into julienne strips. In a large bowl combine the cooked chicken, onions, and carrots. Cover and chill till serving time.

For dressing, stir together the tahini, salad oil, soy sauce, vinegar, sugar, chili oil, and garlic. If necessary, thin with brewed tea or water. To serve, divide greens among 4 plates or place on a serving platter. Place chicken mixture atop greens. Top with dressing and sprinkle with peanuts. Makes 4 main-dish servings.

Nutrition information per serving: *316 cal., 21 g fat, 45 mg chol., 24 g pro., 11 g carbo., 3 g fiber, 874 mg sodium. RDA: 16% calcium, 21% iron, 127% vit. A, 63% vit. C, 21% thiamine, 13% riboflavin, 60% niacin*

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Dannon® Muffins

Ingredients:
- 1-1/2 cups all-purpose flour
- 3/4 cup sugar
- 2 tsps. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2/3 cup Dannon Plain Nonfat or Lowfat Yogurt
- 2/3 cup skim milk
- 1/2 cup blueberries or grated apple (if desired)

In large mixing bowl combine flour, sugar, baking powder, baking soda and salt. Gently stir in yogurt and milk, blending just until dry ingredients are moistened. Fill lightly greased or paper-lined muffin cups 3/4 full. Bake at 400° for 18 minutes or until well-browned. Serve warm. Makes approximately 12 muffins.

Lite Streusel Variation:
Combine 1/3 cup sugar and 1/2 tsp. cinnamon. Fill muffin cups 1/2 full with batter; place tsp. of sugar-cinnamon mixture on top of each and add batter to fill cups 3/4 full.

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KIDS AND PETS
How to make responsibility a family affair



Children and pets belong together. Here's how to make it work in your family.

Bill and Sue's children, ages 7, 9, and 12, asked for a dog for years. Both employed, the couple weren't sure their kids could shoulder the responsibility a dog requires. Deciding to try a smaller pet first, they selected a hamster. Barney soon had a litter of seven—and a new name—Wilma.

Not long afterwards, someone left the cage door ajar. Wilma escaped. At 2 the next morning, Bill and Sue heard Wilma in their bedroom. By the time they returned her to the nest, the baby hamsters were dead.

Within a short time, this family learned many lessons that come with pet ownership—the miracle of birth, the consequences of irresponsibility, and the sorrow of death.

Start simple, and small. If you haven't had pets, it is wise to begin with one like a hamster that doesn't require a lot of care, especially if you aren't home during the day. Young children may not be ready for the work and responsibility that a puppy or kitten entails.

Mary Beth Leininger, D.V.M., of Plymouth, Michigan, suggests guinea pigs, gerbils, mice, and other small animals as a good introduction to pet ownership. If you're looking for a cuddly pet, consider the larger, slower-moving species in this group—guinea pigs and domestic rabbits. Hamsters and gerbils generally live two to five years, guinea pigs seven to nine years.

Goldfish also have merit as pets. Although they fall at the bottom of the cuddling scale, they require minimal care. Dr. Greg Stram, a veterinarian in Northbrook, Illinois, finds goldfish ideal for teaching children about pets. From the time they could toddle, his 5-year-old twins fed the family's goldfish each night.

Now they help care for Buffy, the family's Lhasa apso. "They know that when we're making dinner, Buffy's gotta eat too," Dr. Stram says. Along with their 12-year-old sister and 10-year-old brother, the twins take about half the responsibility for Buffy, including feeding, letting her out, and walking her.

Choosing the right pet. Do some research, especially before selecting a dog. Dr. Leininger particularly recommends the book, *The Perfect Puppy,* by Benjamin and Lynette Hart (W.H. Freeman and Company, $11.95). Subtitled, *How to Choose Your Dog by Its Behavior,* the book categorizes breeds of dogs according to traits such as tendency to snap at children, excitability, playfulness, and dominance over the owner. Leininger says larger dogs generally tend to be more tolerant of children.

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WHAT TO EXPECT FROM YOUR KIDS IF YOU ADOPT A PET

Preschoolers: **Can "help," with a parent present, with tasks such as filling the water dish, brushing the pet, putting food out, accompanying the parent on the pet's walk, going to the vet. Emphasis is on involvement with the pet.**

Ages 5–7: **Can do a little more than the preschooler—fill the water dish or the food bowl without help, brush the pet, learn about personal hygiene by caring for an animal. Should not be expected to remember to do these things—parent still needs to remind them.**

Ages 8–12: **Can handle more chores and greater responsibility; parent should still supervise. Child can water, feed, and exercise pet alone, depending on animal and neighborhood. Can begin to scoop kitty litter. Parent and child should realize the difference in consequences between breaking a plate while setting the table and forgetting to feed an animal.**

Teenagers: **Can sometimes take full responsibility. Clean and change kitty litter, drive pet to the vet, or take it to obedience classes.**

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KIDS AND PETS

continued from page 170

Pat Hubbard, director of the Cedar Valley Humane Society in Cedar Rapids, Iowa, recommends that families with young children avoid toy breeds. Quieter and sturdier dogs are better choices, she says.

What age? The Humane Society of the United States encourages families with preschoolers to wait a few years to adopt a cat or a dog.

Phyllis Wright, senior consultant, companion animal department at the society's national headquarters, says preschoolers lack the dexterity and common sense to manage puppies and kittens. "Small animals are difficult to handle. They squirm and tend to bite. Children under the age of 6 can't be expected to handle them properly."

For older children, select a puppy or kitten rather than a mature animal. That way, the pet's personality can develop as part of the household.

You should also consider how much responsibility you're willing to take. Your experience with animals makes a difference as well. If you're getting a pet to teach the children responsibility and you want them to do the majority of the work, Dr. Leininger suggests waiting until they're closer to their teens. This especially holds true if you aren't used to dealing with pets.

Dr. Gail Melson, professor of child development and family studies at Purdue University, has done research on the interaction between children and pets. Melson says there is no hard and fast rule about how much responsibility children should be expected to take. "But it shouldn't be an all-or-nothing approach. That's not a good way to teach responsibility. Teach it gradually and in the context of family responsibility. There should be a sense of participation."

Life, death, and other touchy subjects. Children are exposed to a number of natural occurrences with pets, and parents may not be comfortable explaining about birth, death, and sterilization.

Melson advises parents not to avoid the subjects or give inaccurate explanations. Parents need to be careful when using terms such as having Max "fixed" or "putting Bingo to sleep," because children take things literally.

If a pet should die, even a goldfish, Melson says that any kind of funeral ritual for the pet will help communicate a caring for living things.

CATS AND STRESS

Like people, pets can "think themselves" sick



Next time your cat gets sick, take it to a veterinarian. But don't be surprised if the doctor discovers your pet's illness results from stress, not a physical problem.

Cats react to stress-causing changes by getting sick just as people do, says Dr. Walter Burghardt, who runs an animal hospital in Coral Springs, Florida, and serves as president of the American Veterinary Society for Animal Behavior. Researchers call these illnesses psychosomatic, and many believe they can be involved in numerous health problems of cats.

Common examples. **A cat terrified when carpenters hammer away at a neighbor's house may develop diarrhea, or refuse its meals. That's an easy problem to solve—once you recognize the cause. The veterinarian might prescribe antianxiety medication so that the loud noises won't seem as scary. Meanwhile, you can give your cat extra tender loving care or privacy until the workers leave.**

Other causes of psychosomatic illness run the gamut from the cute new puppy you bring home that makes your cat feel jealous to the brother and sister who constantly fight, making your cat afraid, to the parent who suddenly leaves home to rejoin the workforce, making your pet feel that it has lost a good friend.

The physical signs of illnesses usually are just as varied: from vomiting, incontinence, and listlessness to skin rashes and even liver ailments. Often these problems are easily solved, veterinarians say. Recognize the cause; then provide your pet a little extra attention to relieve its fears.

Tougher problems. **Unfortunately, pet stress can sometimes do serious harm to an animal and may even be life threatening to your pet. Boredom, for example, causes some cats to lick, bite, or scratch themselves too much. In the process they develop a hair-loss condition called psychogenic alopecia.**

Major stressful events in your cat's life can also bring on major health problems. Consider the cat that moved into a new home. Fearful of its strange surroundings, the animal visited its litter box less frequently. Consequently, it developed a urinary infection.

Veterinarians treat these more serious problems the same way they would any physical illness—with medications and close monitoring of the situation. Your veterinarian may also design special training exercises for your pet aimed at breaking its fears and negative habits, or refer you to an animal behaviorist.

Sometimes owners can prevent psychosomatic illnesses. When you foresee a major change coming—a baby's arrival, or new neighbors who have two big dogs—ask a veterinarian's advice on how to help your pet adjust.

Veterinarians urge owners never to second-guess the cause of any pet ailment. When signs of illness appear, seek competent help. But be prepared to tell your veterinarian about any stressful changes that may have contributed to your cat's condition.

—Mark Ingebretsen



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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted.

FABULOUS FACELIFT

Pages 22–23: Paint, "Soft Taupe" No. GN45, **trim,** "Off White" No. OW4—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Paint on door,** "Dark Teal"—Pratt & Lambert, Inc., 75 Tonawanda St., P.O. Box 22, Buffalo, NY 14240. **Cast concrete pot**—Margie Hammond, 1155 NW. 35th, Corvallis, OR 97330. **Pages 24–25: Paint,** "Soft Taupe" No. GN45, **trim,** "Off White" No. OW4—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07656. **Table, pillow**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Paint on porch floor,** "Dusty Rose"—Miller Paint & Wallcovering, 317 SE. Grand Ave., Portland, OR 97214.

AMERICA'S BEST AFFORDABLE HOMES

Pages 82–83: Siding—Western-One-Kote Stucco System by Western Stucco Products Co., Inc., 6101 N. 53rd Dr., Glendale, AZ 85301; Dow Blueboard by Dow Chemical, 1676 N. California Blvd., Ste. 400, Walnut Circle, CA 94596. **Paint**—Universal Paint Corp., 3949 E. 29th, Tucson, AZ 85711. **Roof**—Lifetile, 3511 N. Riverside Ave., Rialto, CA 92376. **Windows**—Robert Lee Ind., 5301 W. Mohave, Phoenix, AZ 85043. **Entry door**—Therma-Tru Corp., 1684 Woodland Dr., Ste. 150, Maumee, OH 43537.

Page 84: Siding—Temple Ind., 303 S. Temple, Dybold, TX 75941. **Paint**—Pratt & Lambert, Inc., 75 Tonawanda St., P.O. Box 22, Buffalo, NY 14240. **Roof**—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659; 800/ROOFOCF.

Page 86: Masonry—Bickerstaff Clay Products, P.O. Box 1178, Columbus, GA 31993. **Vinyl siding**—Wolverine Technologies, Inc., Four Parklane Blvd., Dearborn, MI 48126; 800/521-9020. **Paint**—Brod-Dugan Co., 2145 Schuetz Rd., St. Louis, MO 63146. **Stain**—Minwax Co., Inc., 14 Industrial, Flora, IL 62838. **Sheathing**—Celotex Corp., P.O. Box 22602, Tampa, FL 33622. **Roof**—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659; 800/ROOFOCF. **Windows**—Acorn Building Components, Inc., 12620 Westwood, Detroit, MI 48223. **Entry door**—Castlegate Division, USG Ind., Inc., 101 S. Wacker Dr., Chicago, IL 60606-4385. **Garage door**—Delden Manufacturing Co., 2130 Campbell, Kansas City, MO 64108.

Page 88: Roof trusses—Household Building System, P.O. Box 854, Apex, NC 27502. **Vinyl siding, windows**—Norandex, Inc., 138 Industrial Ave., Greensboro, NC 27406. **Roof**—Tamko

continued on page 178



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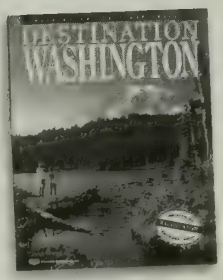
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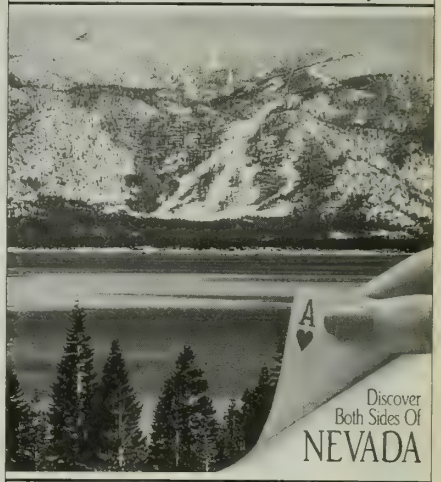
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biking in the state, a golf guide, fishing information, and a guide to national parks and monuments. ***Utah Travel Council, Council Hall/Capitol Hill, Dept. BHG, Salt Lake City, UT 84114; 801/538-1030.***

HAPPENINGS NEAR YOU

Straight from the horse's mouth. Get ready for some wild riding May 15–17 when the Miles City Jaycee Bucking Horse Sale kicks up the dust. Several hundred ornery critters, bred to be bucking stock for rodeos around the country, show their stuff. Cowboys hop astride the antisocial bulls and broncos before a crowd of buyers and onlookers, then an auctioneer awards the animals to the highest bidder. Dances, barbecues, a carnival, and a parade keep the Eastern Montana Fairgrounds buzzing through the weekend. For more information, write or call ***901 Main St., Dept. BHG, Miles City, MT 59301; 406/232-2890.***



SALT LAKE CITY ARTS COUNCIL

Artisans demonstrate ethnic crafts during Salt Lake City's Living Traditions Festival.

A rainbow of cultures. In a typical afternoon at Salt Lake City's Living Traditions Festival, you can watch Korean folk dancers, see a demonstration of Armenian rug weaving, listen to gospel singers, learn Tahitian quilting, and taste Basque pie. The free celebration, May 15–17, brings together hundreds of artists representing as many as 60 native and foreign cultures that have settled in the Salt Lake Valley. With its focus on crafts, entertainment, and food, the popular festival demonstrates the diversity of cultures that makes up Salt Lake City. The events take place in downtown Washington Square. ***Salt Lake City Arts Council, 54 Finch Ln., Dept. BHG, Salt Lake City, UT 84102; 801/596-5000.***

Buckskin ballyhoo. Mountain men dressed in early 18th-century western garb ride into town on their horses to kick off the wild and woolly Bill Williams Rendezvous Days, May 23 and 24. During the annual fete, the town of Williams, Arizona, 58 miles north of the Grand Canyon, remembers its trapper founder. The all-western affair features cow-chip throwing contests, barn dances, a barbecue, shoot-outs, and pig races. Artisans skilled in contemporary and traditional handicrafts show and sell their wares as well. ***820 West Bill Williams Ave., Dept. BHG, Williams, AZ 86046; 602/635-4061.***

Calling all kids. Everybody has a good time at the Lacey Spring Fun Fair, May 2 and 3, in Lacey, Washington. But grade school youngsters seem to have the most fun at the all-American, small-town affair. Community groups from the police to day-care centers go all out to make sure the youngsters enjoy themselves. Kids can create crafts and sample plenty of educational exhibits, such as the fire department's Safety Town. Such popular personalities as Smokey the Bear and Sparky the Fire Dog mill about to the delight of children. ***7 South Sound Center, Dept. BHG, Lacey, WA 98503; 206/491-4141.***

Ropin' and ridin'. Put on your boots and Stetson and head for Tygh Valley, Oregon, May 16 and 17 for the Tywama All-Indian Rodeo. Indians from the western United States and Canada compete in cattle roping, barrel racing, bronco riding, wild horse races, and other traditional rodeo stunts in this annual event. Native Americans sell their crafts, too, and some set up a tepee village nearby. Put on your best western duds for the nightly dances, and bring your appetite to the Buckeroo Breakfast, an all-you-can-eat shindig. Feel free to arrive with your tent, camper, or RV; there's plenty of camping available nearby. ***Dept. BHG, P.O. Box 271, Tygh Valley, OR 97063; 503/544-3371.***

—By Kathryn Black

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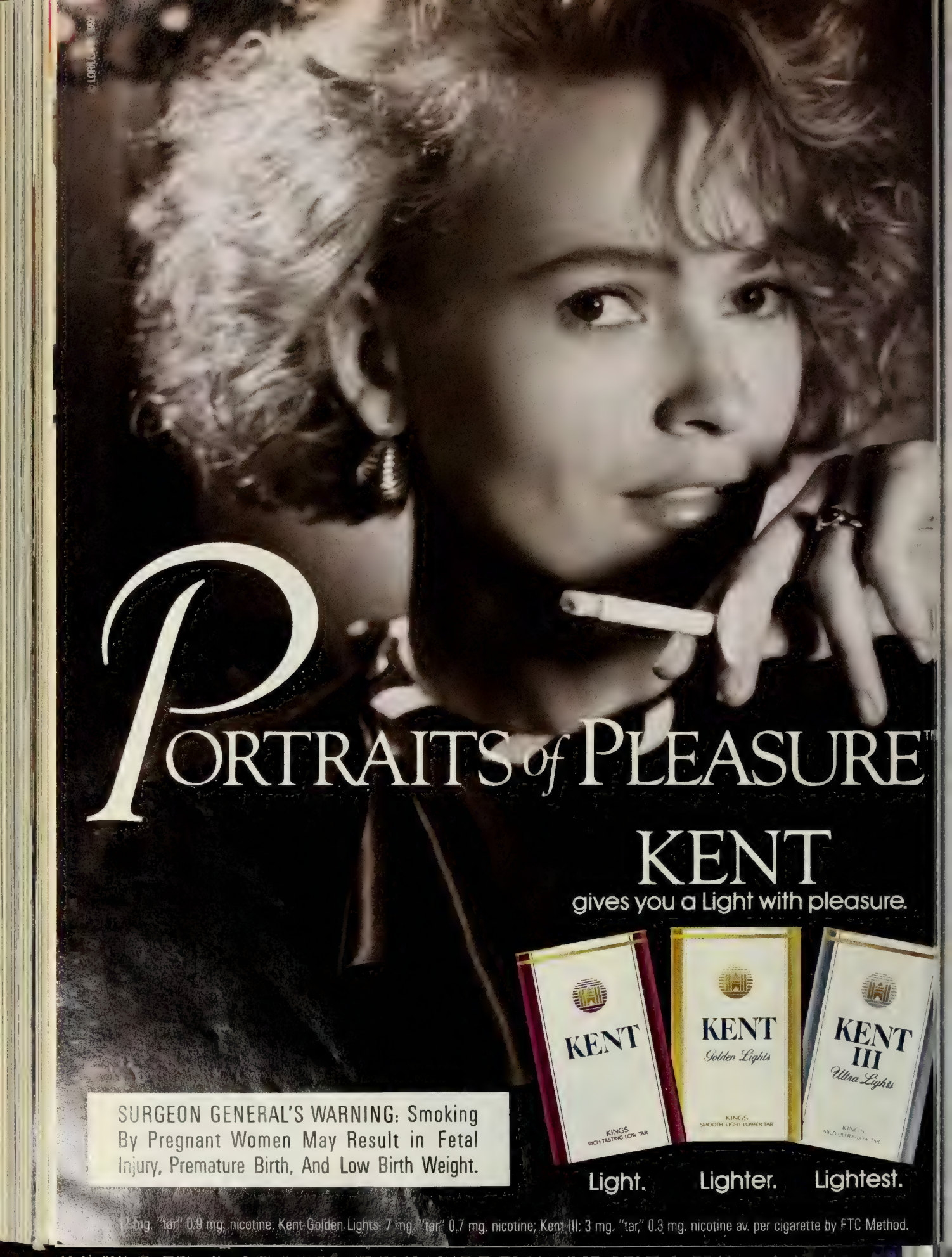
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FOOD



THE SUNNY SIDE OF EGGS
A Few Hard-Boiled Facts

Eggs seem to be a simple food. But questions persist about those handy packages of yolk, white, and shell. Read on for a few egg facts.

Q ***Should I throw away an egg that has a blood spot in the yolk?***

A Blood spots don't affect the quality or flavor of the egg. The spot is a ruptured blood vessel on the surface of the yolk that occurs during formation of the egg. If you'd like, you may remove the blood spot with the tip of a knife.

Q ***What are the thick, ropelike pieces in egg whites? Should I remove them?***

A These parts of the egg, called the chalazae (ka-LAY-zee), hold the egg yolk in place. The thicker the chalazae, the fresher the egg. You don't need to to remove them.

Q ***I've heard that you shouldn't beat egg whites in a plastic bowl. Why?***

A Fat tends to remain on the surface of plastics. Because fat decreases the volume of whipped egg whites, it is best to avoid using plastic bowls when whipping egg whites. Choose glass or metal bowls instead. Also, avoid getting any egg yolk into the whites, because yolks contain fat.

Q ***Why do my hard-cooked egg yolks always have a green color? What am I doing wrong?***

A You may be overcooking the eggs or you may not be cooling them quickly enough. An iron and sulfur compound forms during cooking and causes the green color. To avoid this, carefully watch the cooking time and cool the eggs quickly. To hard-cook eggs, simmer them for 15 to 20 minutes. Pour off the hot cooking water and fill the saucepan with cold water. Allow the eggs to stand in the water for at least two minutes before draining and peeling them.

STEVE BJÖRKMAN

BETTER HOMES AND GARDENS, MAY 1992

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AMERICA'S TOP DOGS
Six regional favorites

Order a hot dog in Kansas City and you're likely to get a Reuben dog. In New York City, you'll probably get an all-beef Coney Island red hot. Across the country, this all-American sandwich takes on regional flavors. Now you can try these six top regional favorites at home.

NEW YORK

The Coney Island red hot is New York City's traditional hot dog. Nathan's Famous of New York, the nation's first hot dog chain, started selling red hots in 1916 on Coney Island. Now New York has approximately 3,000 licensed hot dog vendors.

For this unpretentious frank, top a grilled all-beef hot dog with sauerkraut and mustard and serve it in a plain bun.

CHICAGO

The Chicago-style dog was a product of the Depression. For a mere 5 cents, street vendors sold all-beef hot dogs nestled in a steamed poppyseed bun.

But it was the mound of savory toppings that made this hot dog famous—yellow mustard, pickle relish, chopped onions, tomato wedges, dill pickles (a spear or sliced), zesty sport peppers (small hot green peppers), and a shake of celery salt. Duplicate these meal-in-a-bun hot dogs at home by piling on each of these popular toppers. To order one of these delightful dogs as Chicago folks do, specify "make me one with everything," "drag it through the garden," or "I'll take one with a salad on the bun."

NEW ENGLAND

Bostonians, known for their baked beans, even spoon beans on top of their hot dogs. These New England-style hot dogs make great picnic food. They're also a tasty way to use up leftover baked beans or pork and beans.

MIDWESTERN

The Midwest takes credit for the francheesie, a broiled hot dog stuffed with cheese and wrapped with bacon. To make your own francheesie dog, cook a strip of bacon till just cooked through but not crisp. Cut a long slit in a hot dog and stuff it with cheddar or American cheese. Wrap bacon around the hot dog and attach with a wooden toothpick. Broil till cheese melts and bacon is slightly crisp. Kids of all ages love a francheesie and a bowl of hot soup for lunch.

KANSAS CITY

Kansas City hot dog lovers claim the Reuben dog as their creation. Modeled after the Reuben sandwich, this dog is topped with sauerkraut and melted Swiss cheese, all on a sesame seed bun. If desired, spread a little Thousand Island dressing on the bun, too.

SOUTHWESTERN

Southwesterners, partial to zesty flavors, ladle chili (with or without beans) atop their hot dogs and finish them off with a sprinkle of onions. Also known as chili dogs or Coney dogs, this hearty style is popular across the country.



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CUT 1: THE OUTRIGGER



Quarter the pineapple, leaving the crown on.



B. With a curved knife, cut the fruit from the shell.



C. Remove the fruit and cut crosswise into sections. Place the sections back into the shell, staggered.



CUT 2: THE SPEAR



A. Cut the top and bottom off the pineapple, then cut the shell away a strip at a time.



B. Remove the "eyes" by cutting away diagonal strips.

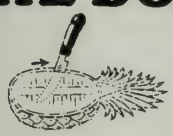


C. Cut cylinder of fruit into spears. To make smaller wedges, cut spears crosswise.

CUT 3: THE BOAT



Cut the pineapple and crown in half.

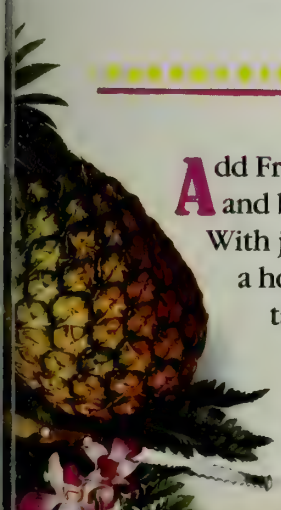


B. Using a curved, serrated knife, cut the fruit from the shell.



C. Remove the core and cut the fruit into chunks. Place the fruit back into the shell alone or mixed with other fruits.





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CHAIN SAW CHECKUP

Even this rugged tool needs occasional pampering. Take a few moments to check it out.

Before you take your chain saw and plunge into the woodpile, plunge into the owner's manual and study preventive maintenance. Here's a list of potential problems to look for.

1. Bad gas: Running last year's gas in your saw can lead to major engine damage. Put in a fresh tankful.

2. Visual inspection: Examine the fuel filter for holes or clogging. Clean or replace as necessary. Also inspect the saw's fire screen, located near the exhaust ports, and clean or replace if needed.



The spark plug deserves a quick inspection, too. Remove it and check for carbon buildup and correct gap.

3. The chain: Check that the saw's cutting teeth are sharp and that the chain is tight. The sprocket should show no signs of wear, the bar should be straight and undamaged. The grooves the chain rides in should not be worn. If the chain doesn't stop when you apply the chain brake, take the saw to a dealer for repairs.



Tender loving tips:

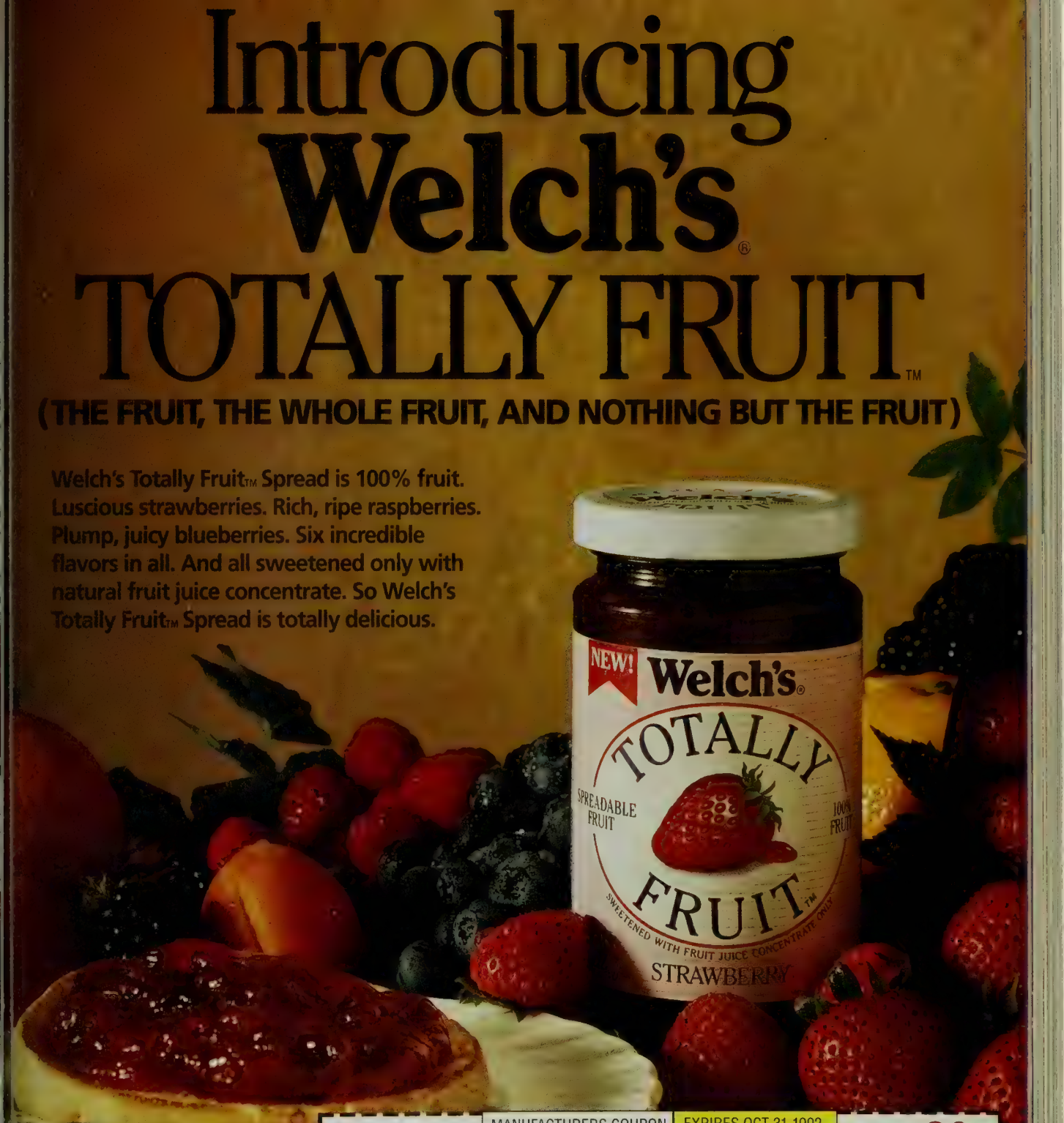
- Avoid working with dirty logs. Mud and silt will dull the blade.
- Thoroughly clean and blow out the screens and the bar-oil port on your saw after each use.
- Test-start the saw and carry extra spark plugs and chains whenever you venture out to a remote area.

Photographs: Rick Voight, courtesy Stihl

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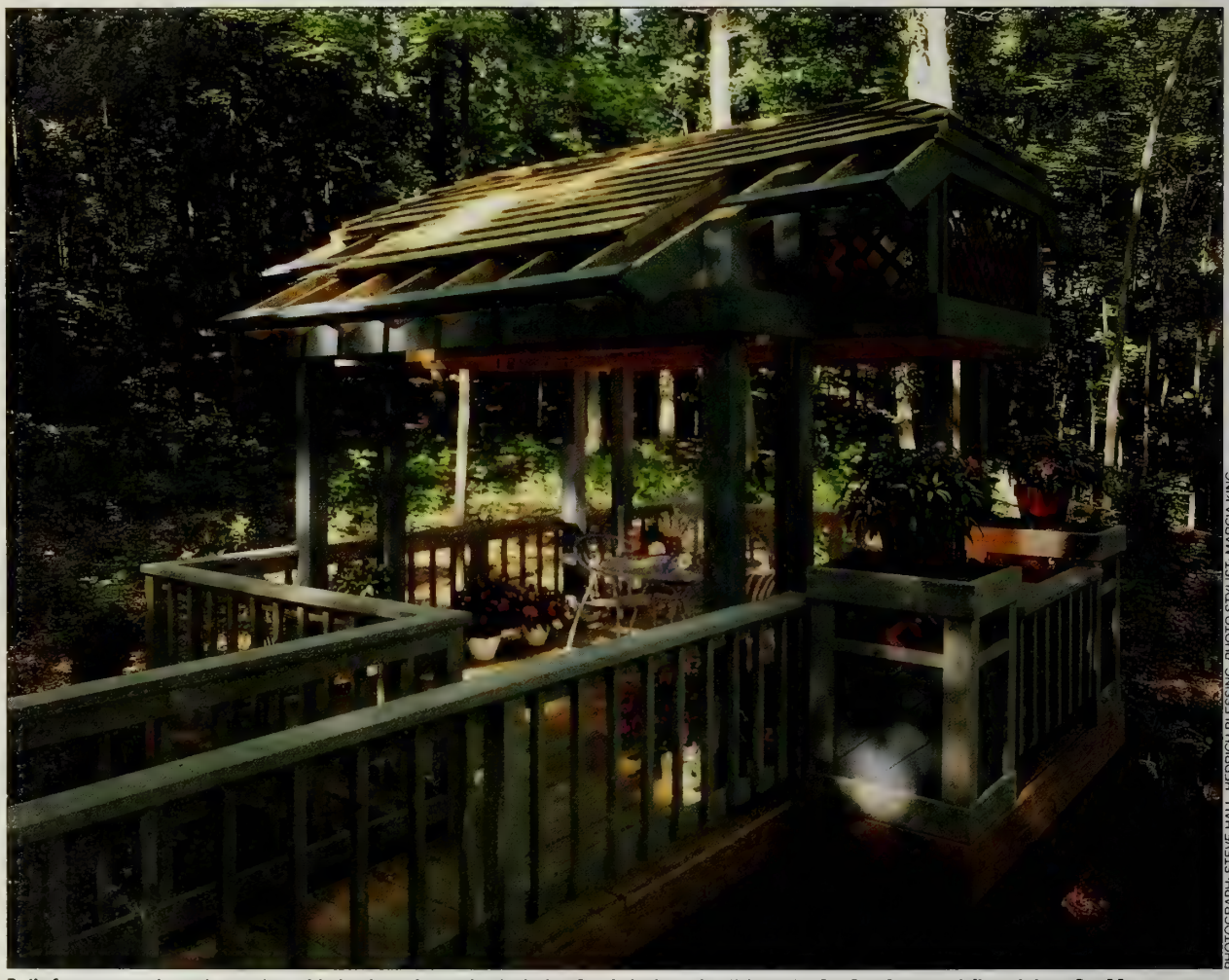
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Built from treated southern pine, this backyard gazebo includes 2×4 deck and rail boards, 2×8 rafters and floor joists, 2×10 support beams, and a treated pine shake roof.

You want to extend your living space outdoors. But the typical Victorian gazebos that you can build from a kit don't fit your house or your taste. You're in luck. *Better Homes and Gardens*® is offering this one-of-a-kind design that breaks the cute and frilly gazebo mold.

The gazebo's strong lines and handsome simplicity ideally accent contemporary homes. For a stand-out appearance, the gazebo features Cape Cod gray, colonial blue, and russet stains. Built-in plant pedestals let you enliven the space with flowers, while a partially closed roof shades you from the summer sun. Because this gazebo can be built on rough terrain, it features a high, slatted railing for safety.

To order a project plan for the gazebo, send check or money order for $8.95 to BH&G® Reader Service, Department 22Y, Box 374, Des Moines, IA 50336. Please specify plan 50922.

RESOURCES

- **Architect: Matarazzo Land Planning, Concord, New Hampshire**
- **Builder: Gary Sabo, Future Homes, Inc., Davison, Michigan**
- **Lumber and decking: UltraWood® by Chemical Specialties, Inc. (CSI), 800/472-7715**
- **Finishes: Thompson's exterior stains; 800/367-6297**
- **Roof shakes: Elder Wood Preserving, Inc., Mansura, Louisiana**
- **Outdoor furniture: Valencia mesh by Woodard, Owosso, Michigan**
- **For more information about treated southern pine products, contact: Southern Pine Marketing Council, P.O. Box 641700, Kenner, LA 70064.** BH&G


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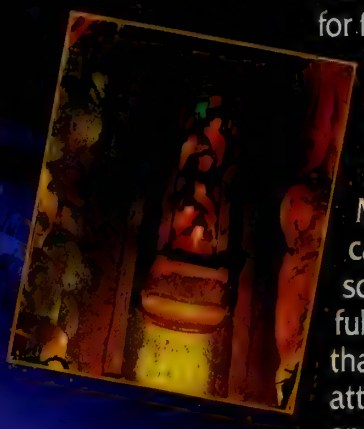
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But since you only have one life (as far as we know), you better make plans to come soon.

Because the more time you spend at these two attractions, the more you'll experience, and the more you'll appreciate them.

The world-famous San Diego Zoo is, among many other things, the place where you can explore Tiger River™, Sun Bear Forest™ and Gorilla Tropics™ – our feature exhibits which recreate those animals' natural habitats.

And speaking of natural habitats, the San Diego Wild Animal Park – 30 miles north of the Zoo – is a must. It's really a huge sanctuary, where you'll see herds of endangered animals living and raising their young on the open plains, much as they would in nature.

To get the full experience, you really need to visit both the Zoo and the Wild Animal Park. Come to think of it, even nine lives may not be enough.

San Diego Zoo & San Diego Wild Animal Park


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The Hamilton Collection 4810 Executive Park Ct., P.O. Box 4051 Jacksonville, FL 32231-4051

continued from page 174

Asphalt Products, P.O. Box 1404, Joplin, MO 64802; 800/641-4691. **Entry door—**Benchmark Doors Division, General Products Co., Inc., P.O. Box 7387, Fredericksburg, VA 22404.

Page 90: Stucco—La Habra Stucco, 240 S. Loara St., Anaheim, CA 92803; 800/794-0518. **Paint—**Old Quaker Paint Co.2209 S. Main St., Santa Ana, CA 92707. **Roof—**Lifetile, 3511 N. Riverside Ave., Rialto, CA 92376. **Windows—**Rolleze, 13690 Vaughn St., Fernando, CA 91340. **Entry doors—**Coast Wood Specialities, 480 W. Capricorn St., Brea, CA 92621. **Garage door—**Long Beach Garage Door, 1320 San Francisco, Long Beach, CA 90813. **Garage door opener—**American Garage Door, 3071 Rubidous Blvd., Riverside, CA 92509.

Page 92: Stucco—La Habra Stucco, 240 S. Loara St., Anaheim, CA 92803; 800/794-0518. **Stain,** No. 6600 "Acrystain"—Old Quaker Paint Co., 2209 S. Main St., Santa Ana, CA 92707. **Windows—**T.M. Cobb, 2372 Morse, Irvine, CA 92714-6292. **Garage door, opener—**Stanley Door Systems, 1225 E. Maple, Troy, MI 48083.

Page 94: Siding—Bird Vinyl Products, 1010 Withrow Ct., Bardstown, KY 40004. **Paint—**PPG Ind., Inc., Pittsburgh Paint, One PPG Place, Pittsburgh, PA 15272. **Roof—**Manville Roofing System, P.O. Box 5108, Denver, CO 80217; 800/654-3103. **Windows—**Croft Windows, P.O. Box 826, McComb, MA 39648. **Entry door—**Therma-Tru Corp., 1684 Woodlands Dr., Ste. 150, Maumee, OH 43537. **Garage door—**Roll-Lite Overhead Doors, 10407 Rocket Blvd., Orlando, FL 32824. **Garage door opener—**Allister Door Control, P.O. Box 2109, West Chester, PA 19380.

Page 95: Brick—North Texas Brick by General Brick, P.O. Box 9076, Fort Worth, TX 76147. **Paint—**Kelly-Moore Paint Co., 987 Commercial, San Carlos, CA 94070. **Roof—**GAF Corp., 1361 Alps Rd., Wayne, NJ 07470. **Windows—**Alenco Windows, 615 Carson St., Bryan, TX 77801. **Entry door—**Perma-Door, 9017 Blue Ash Rd., Cincinnati, OH 45242. **Garage door—**Overhead Door Co. of Fort Worth, 840 Southway Cir., Fort Worth, TX 76147.

Page 96: Siding—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482. **Paint—**For further information regarding paints or stains used in this project, contact your local Sherwin-Williams dealer. **Roof—**GAF Corp., 1361 Alps Rd., Wayne, NJ 07470.**Windows—**Wood Windows & Doors, P.O. Box 397, Malta, OH 43758; 800/727-5167. **Entry door—**Stanley Door Systems, 1225 E. Maple, Troy, MI 48083. **Garage door—**General Doors Corp., One Monroe (at Radcliffe) St., Bristol, PA 19007.

SOMETHING UNDERFOOT

Page 100: Graph fabric, Pellon "Tru-Grid"—Nancy's Notions, 333 Beichl Ave., P.O. Box 683, Beaver Dam, WI 53916; 800/765-0690. **Paint—**Sherwin-Williams, 101 Prospect Ave., Cleveland, OH 44115.

ONE ROOM THREE WAYS

Page 112–113: Area rug—The Aztec Collection, Foreign Accents, 407 Rio Grande, NW, Albuquerque, NM 87104. **Fan-back settees—**B. Thatcher Sexton, 118 Gallerson Way, Sparks, NV 89431. **Mirror shutters—**Sears Catalog; 800/366-3000. **Floor lamps,** "Birdcage"—The American Forge Collection, Garden Source, 200 Bennett St., NW, Atlanta, GA 30309. **Carpet,** "Indian Ivory"— Connoisseur, Du Pont Stainmaster Luxura, Horizon; 800/4DU-PONT. **Glass tabletop, rice paper shades—**Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Pages 114–115: Chaises, ottoman, "Manhattan Natural"—Ethan Allen, Inc., Ethan Allen Dr., Danbury, CT 06810. **Carpet,** "Indian Ivory"—Connoisseur Du Pont Stainmaster Luxura, Horizon; 800/4DU-PONT. **Art lights—**Exposures Catalog; 800/222-4947. **Slipcover buttons—**JHB International, 1955 S. Quince, Denver, CO 80231. **Slipcover fabric,** "HA1425 Natural"—Hamilton Adams Linen, Kravet Fabrics, 225 Central Ave., S., Bethpage, NY 11714. **Oil lamps—**Rivertown, 274 Fillmore Ave., E, St. Paul, MN 55107. Bethpage, NY 11714. **Hanging lights,** "Orbit"—Home Decorator's Collection, 2025 Concourse Dr., St. Louis, MO 63146; 800/245-2217.

Pages 116–117: Sideboard, cricket table, "The America Collection"—The Lane Co., P.O. Box 151, Altavista, VA 24517. **Wicker love seat, chair—**Cane & Reed Imports, Inc., 222 Littlefield Ave., South San Francisco, CA 94080. **Fabric on love seat, chair, table,**"Candlelight" Decoupage—Waverly, 79 Madison Ave., New York, NY 10016. **Table skirt,** "Teal" Doral—Waverly (address above). **Striped pillows,** "Sunshine" Brant Point Stripe—Waverly (address above). **Drapery hardware—**Kirsch, P.O. Box 0370, Sturgis, MI 49091. **Drapery fabric,** "Opal" Joy—Waverly (address above). **Window shades,** "Bali Ultra Neat Pleat" Bali Blinds—Carey McFall Corp., P.O. Box 500, Montgomery, PA 17752. **Rocker,** "Presidential"—L.L. Bean, Freeport, ME 04033-0001.

Page 118: Chandelier, "Birdcage"—The American Forge Collection, Garden Source, 200 Bennett St., NW, Atlanta, GA 30309. **Area rug—**The Aztec Collection, Foreign Accents (address above). **Glass tabletop—**Pier 1 Imports (address above). **Carpet,** "Indian Ivory" Connoisseur—Du Pont Stainmaster Luxura Horizon; 800/4DU-PONT.

Page 119: Dining table, "Manhattan"—Pier 1 (address above). **Dining chairs—**Gordon International, 200 Lexington Ave., New York, NY 10016; 800/4BAUHAUS. **Hanging light,** "Orbit"—Home Decorators Collection, 2025 Concourse Dr., St. Louis, MO 63146; 800/245-2217.

Page 120: Wicker chair—Cane & Reed Imports, Inc., 222 Littlefield Ave., South San Francisco, CA 94080. **Chair fabric,** "Candlelight"—Decoupage, Waverly (address above). **Drapery fabric,** "Opal" Joy—Waverly (address above).

COOKING WITH YOUR KIDS

Page 134 (*top*): Plate, Deruta—Wine Country Living, 407 First St., W, Sonoma, CA 95476. **(*Bottom*): Plate—**Vietri Inc., P.O. Box 460, Hillsborough, NC 27278. **Napkin—**Cost Plus Imports, Redwood Highway, Larkspur, CA 94939. **Spoon—**Woolworths, Village Center, Corte Madera, CA 94925.

Pages 136–137 (*left*): Plate, Deruta—Wine Country Living, 407 First St., W, Sonoma, CA 95476. **Cup—**Tom Hatton, 3835 Grandview Place, Bonita, CA 92002. **Napkin—**Magnifico of Sonoma, 25 East Napa St., Sonoma, CA 95476. **Fork—**Cost Plus Imports, Redwood Highway, Larkspur, CA 94393. **(*Right*): Blender—**Oster

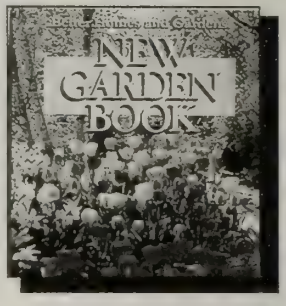
continued on page 198

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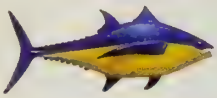
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"It's the first thing I ever saw that couldn't be improved upon by imagination."

Canada's seaboard provinces have long been tide (pun intended) by the forces of the Atlantic, shaping land and lore alike.

Norse sagas tell of Leif the Lucky and other Viking visitors who were the first from the Old World to take to this region. Later, Captain Kidd found it the perfect hideaway to stash his loot. (No, we haven't spotted the "X" yet.)



And it's here the French built Louisbourg, a fortress so large – and expensive – that Louis XIV himself complained, "I should be able to see it from here."



Though the powerful British soon caught wind and, flintlock muskets flailing, corps-a-corps, were determined to bid Louis' good chaps adieu.

By George, we've come a long way. Oh certainly, the Viking

sod houses are still nestle
grassy knolls of Newfound
And the fortresses rem
guard, but happily th
garrison, sailc
townsfolk (
just as they
are league
receptive.

Ferry among fjords, wha
and great flocks of puffins,
a patchwork quilt of seaside
communities.

ean visits twice a day.



Take part in our Gaelic tra-
ons at a coastal inn. And cele-
e almost as many festivals
here are fish in the sea. (With
by scallops, Malpeque oysters,
, lobster and the like, your
etite may go overboard.)
And yes, you *can* stay on the
istibly wonderful island Anne
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More Than Baseball

BALTIMORE



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Catch a water taxi or drive to Fort McHenry National Park, where our star-spangled banner inspired Francis Scott Key.

Baltimore's Inner Harbor, a thriving shopping and tourist center, helped revitalize the city's waterfront more than a decade ago. Today, the area serves up a pulsating mix of shops, museums, restaurants, entertainment, and crowds. The National Aquarium there is one of our best, capped by a dolphin and whale show at the Marine Mammal Pavilion. (Get to the aquarium early; doors open at 10 a.m.)

Watch your head belowdecks on the U.S. frigate *Constellation* docked nearby. Watch your head, feet, and elbows in the cramped quarters of the World War II submarine *U.S.S. Torsk*. Take in the super view of the harbor and city from atop the World Trade Center. An IMAX theater and hands-on exhibits bring nature alive at the Maryland Science Center.

Mimes and other street performers entertain regularly at Inner Harbor. Enjoy outdoor concerts at night on Pier 6.



GREG PEASE

Several public markets near the ballpark tempt shoppers with fresh oysters, steamed crabs, and other local fare.

A brand-new ballpark. Just five minutes from Inner Harbor, baseball's newest stadium harks back to the best of the classic diamonds. Oriole Park at Camden Yards is a rosy-bricked, steel-beamed, open-arched edifice, smack-dab downtown, with natural grass under a natural sky. Evoking the spirit of the grand old ballparks like Fenway and Ebbett's Field, the Orioles' new home opened this April and will host the 1993 All Star Game. A graceful renovated warehouse sits beyond right field, 432 feet from home plate, making a tempting target for left-handed power hitters.

Built on the site of an old railroad yard, the ballpark blends superbly with nearby neighborhoods of restored 18th- and 19th-century row houses. Take time to walk through Federal Hill, overlooking the harbor, or Otterbein; both typify the city's success with urban rehabilitation.

For pure baseball lore, visit Babe Ruth's birthplace two blocks northwest of the ballpark. (His father's tavern stood roughly under what is now centerfield.) A few blocks west, railroad buffs enjoy the B&O Railroad Museum.

Other delights. Departing from the harbor, you can cruise the shoreline in a paddleboat or on an organized outing under sail or by motorboat, including a trip down to Annapolis. Water ferries run regularly to Fort McHenry National Park, of star-spangled banner fame, and to Fell's Point, a colonial shipbuilding center now designated a National Historic Landmark. With cobblestoned streets and restored homes, Fell's Point is full of art galleries, shops, and restaurants. Nearby, there's good eating at varied prices in Little Italy, typical of the city's many distinct neighborhoods.

A few blocks north of Camden Yards, the huge Lexington Market is one of seven city markets rather reminiscent of the Old World. Feast on fresh seafood, seek out the perfect crab cake—the city's specialty—or buy the fixings to eat a pregame meal in the picnic area at the ballpark.

Walk or take an easy city-bus ride to Mt. Vernon Place, where parks, churches, and townhouses form another of Baltimore's National Historic Landmarks. Don't miss the Walters Art Gallery there; it's a gem, including its new oriental-art wing. Equally inspiring is the ornate "cathedral of books" at Peabody Conservatory of Music across the way. Catch first-rate musicals and plays, done Broadway style, at the Morris A. Mechanic Theater, and the repertory theater at Center Stage.

Still farther uptown, the Baltimore Museum of Art features major works by Picasso and Matisse. Lions, elephants, and other beasts wander in natural habitats at the Baltimore Zoo.

Hotels in a variety of price ranges lie within walking distance of the ballpark and Inner Harbor; some offer special baseball packages.



Information. *Baltimore Area Visitors Center, Dept. BHG, 300 W. Pratt, Baltimore, MD 21202; 800/282-6632.*

—By Margaret Daly

continued on page 186

ROGER MILLER/BALTIMORE CVA



Baltimore's Inner Harbor is world-renowned as a tourist center and a successful revival of a once-dilapidated downtown area. The new Oriole Park at Camden Yards is just five minutes away.

There are plenty of reasons to fight underage drinking.

Here's how we're doing it.

At Anheuser-Busch we're committed to putting an end to underage drinking. That's why we have developed, or help to support, comprehensive programs to tackle the problem. They're all based on providing the education and awareness that young people need for responsible behavior and decision making.



♦ *Family talk about drinking.*

Experts agree that it is important for parents to discuss drinking with their children at a young age to help prevent underage drinking. Our Family Talk brochures, prepared with the help of professionals in alcohol education, child psychology and family counseling, provide parents with useful discussion guides to help them answer questions and cover important points with their children. For copies, just call 1-800-359-TALK.

♦ *National Collegiate Athletic Association Foundation.*

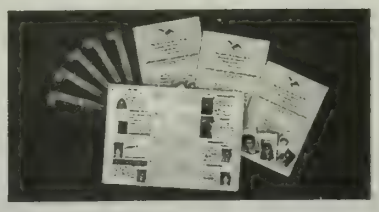
Along with The National Collegiate Athletic Association Foundation, we provide alcohol education grants through their "Choices" Program. It encourages NCAA colleges, universities and conferences to develop, implement and evaluate campus-wide alcohol education programs that work toward the elimination of underage drinking and promotes education designed to enable the students to make informed choices about their lives.

♦ *BACCHUS.*

Established on over 500 college and university campuses throughout North America, BACCHUS is an international student organization devoted to providing proactive alcohol education programming at a peer to peer level. Through the development of year-round education initiatives, BACCHUS students promote responsible decision-making, healthy lifestyles and encourages respect for the law and campus drinking policies.

♦ *Program ID.*

We sponsored this booklet to help retailers enforce drinking age laws. It provides prototypes of drivers' licenses from all 50 states to help verify the authenticity of ID's when presented.



♦ *Barbara Babb Lecture Series.*

Some young people may believe that the consequences of underage or excessive drinking will occur to somebody else, never to them. Barbara Babb, R.N. and former critical care flight nurse, dispels that myth in her provocative presentation entitled "Tying One On." She has made a lasting impression on over a quarter of a million high school students across the country. Her program gets underage kids to think hard about what they could be doing to themselves and their loved ones if they drink.



Programs like these are working. Underage drinking is on the decline. According to a study by the University of Michigan Institute for Social Research, drinking among high school seniors has dropped 21% since 1978, and is now at its lowest level since the study began in 1975. Over that same time, the number of drivers killed in teenage drunk driving accidents has decreased by 40% as reported by the U.S. Department of Transportation. It's progress, but there's a lot more work to do.

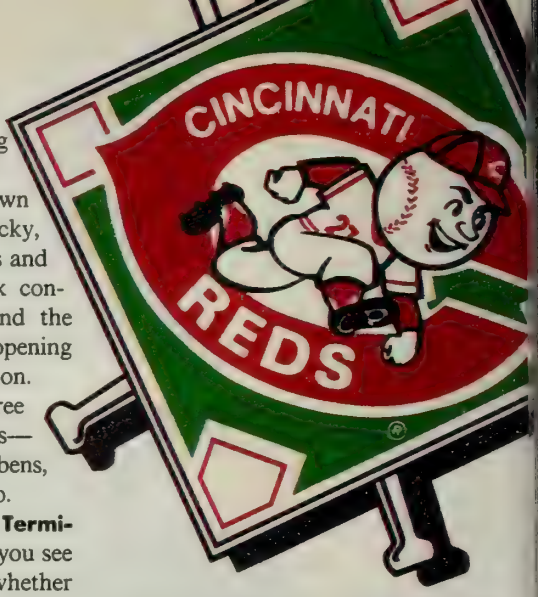
At Anheuser-Busch, we feel that education and awareness are the best tools to fight underage drinking. We will continue to support these programs and develop new ones to help make underage drinking a thing of the past.

Anheuser-Busch, Inc.

We invite you to share your thoughts on the issues mentioned here. We would also be happy to send you information regarding our policies and programs designed to encourage responsible drinking. Write: Anheuser-Busch, Inc., Consumer Awareness and Education, One Busch Place, St. Louis, MO 63118

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CINCINNATI



It happens every April. Adults play hooky, and teachers turn on radios. A parade, with floats, marching bands, and Schottzie, the elephant, winds through Cincinnati from Findlay Market to Riverfront Stadium. Cincinnati's opening day ceremonies mark the start of the joys of summer for baseball's major league, a fitting honor for the city that fielded the first pro baseball team.

The Reds lure fans with an easily accessible stadium, plenty of nearby parking, and family-oriented prices. A buck buys you a hot dog—albeit one suited for a preschooler's appetite. For 75 cents more, you can savor Cincinnati's German heritage with a brat or a sausage.

Skywalks connect the stadium with downtown hotels, shops, and eateries.

On the waterfront. The renovated 1866 Roebling Suspension Bridge takes you across the river to Covington Landing. This entertainment complex in Kentucky features shopping emporiums, restaurants, and such nightclubs as Howl-At-The-Moon Saloon with its dueling pianos. You'll have a fantastic view of the river, the historical bridge, the stadium, and the Cincinnati skyline. You can also board a riverboat for a cruise.

Park pleasures. On the Ohio side of the river, in Bicentennial Commons at Sawyer Point, vendors hawk pretzels and hot dogs while people smash volleyballs and skate at an outdoor rink. Children and parents like the play area built on a rubberized surface to prevent injuries. A geological timeline lets you walk along 440 million years of history.

For good views of downtown and over the river into Kentucky, wind your way up Mt. Adams and around Eden Park. The park contains Krohn Conservatory and the Cincinnati Art Museum, reopening this fall after a major renovation. Until then, you can get a free peek at a few of its treasures—masterpieces by Botticelli, Rubens, Van Gogh, Monet, and Picasso.

Museum Center at Union Terminal. Your first reaction when you see Union Terminal is to wonder whether you should enter it or turn it on. This restored art deco building resembles an old tabletop radio. The jazzy exterior rightfully indicates a museum complex equally attuned to education and entertainment.



ROBERT CUSHMAN HAYES

The Cincinnati Zoo gained fame for its successful breeding program of endangered animals like the white Bengal tiger.

The former train station now houses Cincinnati's Museum of Natural History, the Historical Society Museum, and an OMNIMAX theater. Captain Digesto, a pinball machine in the Children's Discovery Center, helps kids learn about the digestive system. In the dank Cavern, you must negotiate stalagmites, stalactites, an underground waterfall, a maze, and live bats.

It's a jungle out there. The respected Cincinnati Zoo and Botanical Garden serves as cupid for a wide range of endangered species. The zoo's innovative breeding program means you can see such rare and exotic creatures as white Bengal tigers, lowland gorillas, red pandas, bald eagles, and Komodo dragons. Of course, giraffes, rhinos, walruses, jaguars, and other favorites of the animal kingdom also call the zoo home.

Other delights. With a reputation almost as spicy as the zoo's, the most famous local dish combines culinary elements from Greece, the Southwest, and Italy. Seasoned with cinnamon and allspice, Cincinnati chili is typically ladled over spaghetti. Top your meal with Graeter's ice cream.

Kings Island has achieved legendary status among hard-core roller coaster buffs. The Hanna-Barbera theme park tempts them with the Beast—the world's largest wooden coaster—the Vortex, the Racer, King Cobra, Adventure Express, and White Water Canyon. Cool off at Water-Works, Kings Island's adjacent water park, at no extra charge; a Wild Animal Habitat monorail tour costs $2.

Forest View Gardens isn't your typical German restaurant. Sauerbraten and Wiener schnitzel share the menu with prime rib and other entrées. For entertainment, the food servers, opera singers in training, belt out Broadway show tunes. It's a feast of taste and sound.

Information. *Greater Cincinnati CVB, 300 West Sixth St., Dept. BHG, Cincinnati, OH 45202; 800/344-3445.*

—By Lois Anne Naylor

continued on page 188



J. MILES WOLF ©1991

Cruise boats provide a relaxing way of seeing Cincinnati's skyline, including Riverfront Stadium. Trips down the Ohio River actually begin on the Kentucky side of the metropolitan area.

First Rule Of Travel.



When you travel, there are some things you just can't go without. That's why more travelers turn to Dramamine. It's all you need to prevent the symptoms of motion sickness. So when you travel, remember the essentials. Remember Dramamine.

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CHICAGO

If you want a quiet little getaway, skip Chicago. But if you yearn for big-city excitement, Chicago is your kind of town.

Shoppers browse window displays. Messengers weave through traffic jams on bikes. Tourists gawk at the buildings and stop to examine maps. Lines form outside Gino's East, where customers forgive the graffiti-laden decorating scheme to chow down on Chicago-style deep-dish pizza. Audiences roar in Second City and the Improv comedy clubs.

To get a bird's-eye view of Chicago, go to the observation deck of the Sears Tower, the world's tallest building, or the John Hancock Center.

Climb aboard a double-decker bus for a lively, informative city tour. Besides helping you get your bearings, the tour serves as transportation from one Windy City landmark to another.

On an architectural cruise along the Chicago River, you'll see the Loop's skyscrapers and learn about Mies Van der Rohe and other visionaries who created Chicago's distinctive skyline.

Mummies to whales. Chicago's museums have long ranked among the nation's finest. But today's visitors don't tiptoe through library-hushed halls. At the Field Museum, they sit on a flamingo egg to find out how one is hatched. They examine an Egyptian tomb—the only one outside Egypt—and learn to build a pyramid. They become voyagers as they traverse a map of the Pacific and use computers to test their skills. Chirping crickets and beating drums turn museum going into a multisensory adventure.



CHICAGO CONVENTION AND TOURISM BUREAU

Located in Chicago's museum complex, Adler Planetarium offers exhibits on space exploration and Sky Shows.

Into the Wild, an exhibit that recently opened at the Field, employs videos, games, binoculars, and other devices to explain the animal kingdom in a new way. The Field's famed dinosaur skeletons are being re-posed for a 1993 unveiling.

The Museum of Science and Industry features a simulated ride on an Atlantis shuttle. You can also explore a submarine and a coal mine.

In a city overflowing with museums, the John G. Shedd Aquarium's new Oceanarium has caused quite a splash. Visitors have had a whale of a time wandering through the world's largest indoor marine mammal habitat. Two beluga whales as well as dolphins, seals, and penguins make their home in a Pacific Northwest coastal setting. *Tip:* Order Oceanarium tickets ahead from TicketMaster.

Brass lions guard the front of the Art Institute in Grant Park. Centuries of masterpieces include Greek and Roman antiquities, oriental treasures, and an outstanding collection of French impressionist paintings.

Other delights. Sailboats, waterskiers, the beachfront, and the skyline form a panoramic backdrop for an *Odyssey* cruise on Lake Michigan.

North Michigan Avenue's Magnificent Mile is a shopper's Shangri-la, even boasting a few skyscraper malls.

Twice the baseball fun. How much of an institution is baseball at Wrigley Field? An ivy-covered brick wall, like that associated with the East Coast's most revered colleges, wraps around the outfield of this classic old-time park. Wrigley Field sports lights now, but tradition dictates that most games take place during the light of day. Each half inning, human heads pop out from cubbyholes to tally the action in the major league's only scoreboard that's not fully automated.

Across town at the new Comiskey Park, the White Sox combine an old-fashioned playing field with state-of-the-art gadgetry to deliver the best of the old and new in stadiums. The 35th St. Grille, Tex-Mex Cantina, Old Roman Pizza, Just Dessert, and other concessions line the wide concourses. Carts sell everything from hot dogs to churros. The Hall of Fame displays Shoeless Joe's original contract.

Parking is at a premium in Chicago. Take the el—elevated train—but for safety, stay with the crowds.

Information. *Chicago Convention and Tourism Bureau, Inc., Dept. BHG, McCormick Place On-the-Lake, Chicago, IL 60616; 312/567-8500.*

—By Lois Anne Naylor

continued on page 190



MARK SEGAL/TONY STONE WORLDWIDE

For the best views of Chicago, go to the observation deck of the Sears Tower or the John Hancock Center. You can see the city from various angles while you listen to commentary about its landmarks.

NEW GLADE CARPET POTPOURRI WINS PAWS DOWN.



Nothing freshens like new Glade Carpet Potpourri for pet odors. With the extra absorbency of baking soda, it's a great way to have dogs, cats and fresh-smelling carpet in the same room.

Glade

NO ONE POTPOURRIES LIKE GLADE.

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ax
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St. Louis

You won't feel as if you need a bank loan to enjoy yourself in this wallet-friendly city. The St. Louis zoo, several major museums, and Grant's Farm all welcome you for free. The Levee Line even provides complimentary bus transportation between the riverfront and Union Station. And Forest Park's Muny Opera, an outdoor theater that does charge admission, reserves seats to give away—first come, first served.

The Gateway Arch. The city's loftiest attraction stands as a symbol of St. Louis' role as the gateway to the West. The 630-foot monument looks like something McDonald's might do if it decided to go platinum in a big way. Five people at a time tuck into space-capsule-type cars that clink and clank. During the four-minute trip up (gravity shaves a minute off the return plunge), you'll see the innards of the massive steel structure. At the top, you have a 30-mile panoramic view. *Play it smart:* Purchase tickets in advance for a specific time to avoid lines.

At the base of the Arch lies the Museum of Westward Expansion, featuring diary excerpts from Lewis and Clark's famed exploratory expedition.

Down by the river. Laclede's Landing, a renovated warehouse area, houses shops, restaurants, and the National Video Game and Coin-Op Museum. Some of St. Louis' liveliest night spots line the cobblestone streets.

A few steps away, you can board the massive *Belle of St. Louis,* a paddle wheeler, or other craft to cruise the Mississippi Mark Twain style.

Busch Stadium. For more than a quarter of a century, Cardinal fans have made the pilgrimage downtown to Busch Stadium. There, in the shadow of the Gateway Arch—St. Louis' answer to the Eiffel Tower—they load up on burritos at the Mexican Cantina or a slice of pepperoni from Pizza Hut, and root for the home team. Fans in this baseball-crazed town filter into the stadium an hour or so before game time. They watch batting practice, get their images on baseball cards, learn their pitching speed, and visit the Hall of Fame. Children can run off energy at the Kids' Corner.

Forest Park. One-and-a-half times larger than New York's Central Park, Forest Park ranks as one of our finest city parks. This 1,300-acre urban playground, site of the 1904 World's Fair, throbs with activity. Joggers, bikers, golfers, and tennis players enjoy their sports while an endless parade of patrons passes through the turnstiles—without having to pay—of the zoo, the History Museum, the Art Museum, and the Science Center.

Recently quintupled in size, the Science Center spans a highway and offers a mind-teasing array of hands-on activities for adults and children.

Other delights. The top-notch Missouri Botanical Garden protects a tropical rain forest in its Climatron.

Once a thriving railroad hub, Union Station now vibrates with boutiques, eateries, and a hotel. To get a sense of the station's former grandeur, wander around the lobby and other public areas of the Hyatt Regency.

Grant's Farm serves as a low-key way for youngsters to pet animals, nurse baby goats, and watch elephants and birds perform. On a tram ride through the forested estate of August Busch, you'll pass Ulysses Grant's cabin. Reserve tickets in advance.

At Six Flags Over Mid-America, about 30 miles southwest of the city, roller coaster fans get their thrills on the Screamin' Eagle and Ninja, while water freaks prefer Thunder River, Tidal Wave, and the Log Flume.

Try St. Louis' famous toasted ravioli at one of the Hill's Italian restaurants. Sample another local institution, concretes—frozen custard filled with candy or fruit—at Ted Drew's.

An easy stroll from Busch Stadium, the Adam's Mark and Marriott's Pavilion offer reduced weekend rates. Lodgings further away may cost less.

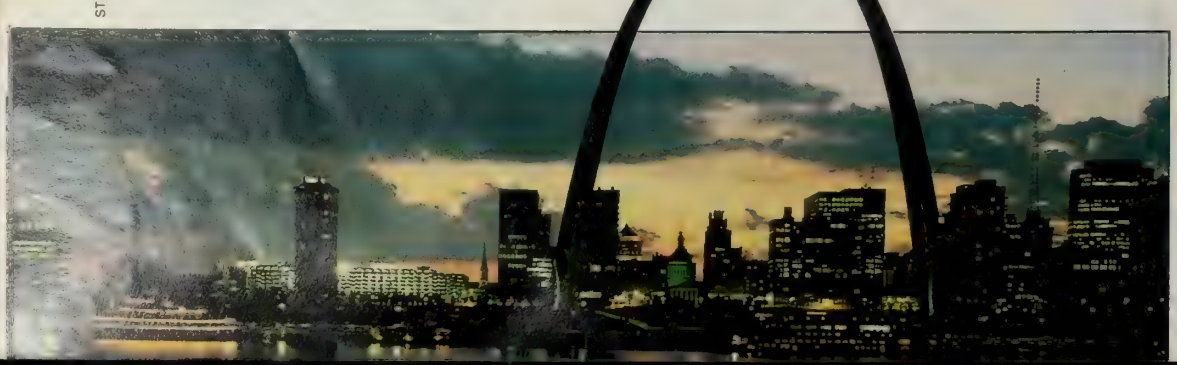
Information. *St. Louis CVC, 10 S. Broadway, Suite 1000, Dept. BHG, St. Louis, MO 63102; 800/247-9791.*

—By Lois Anne Naylor

FANTASY PLAY BY PLAY

"The St. Louis Cardinals trail the New York Mets 4 to 2," my husband intoned into the mike as he and his color man, our son Jeff, settled into a private broadcasting booth at Busch Stadium. Fantasy Play by Play, a major league hit with baseball devotees, lets fans announce an inning of a game. No one in the stadium hears their endeavors, but the "sportscasters" get a videotape to show friends.

Nine baseball teams now offer Fantasy Play by Play, and others are considering adding the service. $25–$40 for one; $50–$65 for two. 415/472-7733. *LAN*



ST. LOUIS CONVENTION & VISITORS COMMISSION

The Gateway Arch welcomes visitors to St. Louis, where numerous free attractions help stretch the family vacation budget. With the savings, you could splurge on a Mississippi cruise.

In art, taste is subjective.



In life, good taste is well defined.



There are those with very simple tastes in life. They simply want the best.

For them, the cat food of choice is Fancy Feast. Exceptionally moist and delicious, only Fancy Feast offers distinctive varieties to suit your cat's every mood.

Fancy Feast. For a gourmet taste that will satisfy even the most discriminating connoisseurs.

Good taste is easy to recognize.™

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CHANGE IN PET'S HEALTH MAY INDICATE WORMS

Intestinal worms are not a pleasant subject, but you should be aware of worms and other parasites that can affect your pet's health. A change in appetite, coughing, diarrhea (sometimes with blood), weight loss, a rough-dry coat, or overall poor appearance can be symptoms of intestinal worms.

ROUNDWORMS

Roundworms live in the intestines, liver, lungs, and muscle tissue at various stages of their life cycle. They can grow up to six inches long in the intestines. One of the most common internal parasites in dogs and cats, roundworms can cause a dull coat, diarrhea, and a "potbellied" appearance. Infection in young pets can be fatal.

HOOKWORMS

Tiny, thread-like, and difficult to see, hookworms enter a dog or cat through the mouth or feet. Once inside, hookworms feed on blood and tissue by attaching to the intestinal lining with hook-like teeth. Signs of these killers may include bloody diarrhea, dark stools, pale gums, listlessness, dehydration, and weakness.



TAPEWORMS

Tapeworm segments resemble small pieces of rice and can be seen in the hair near the animal's tail or in the feces. If visible, these segments should be placed in a small container and taken to a veterinarian.

CANINE WHIPWORMS

Thick at one end and slender like a whip at the other, these three-inch worms can burrow into a dog's intestinal lining. Whipworms can cause poor general health, weight loss, blood-speckled diarrhea, abdominal pain, listlessness, and dehydration.

INFECTION AND TREATMENT

Worms are transmitted in different ways, either from mother to the unborn, through the mother's milk, from the feces of an infected animal, or through a flea or other intermediate host. Keeping your yard clean of animal waste can help prevent infection.

To identify these parasites, your veterinarian will need a fresh stool sample. The sample should be refrigerated until tested. Once the specific parasites are identified, the proper treatment can be started. Different parasites will require different medications. Your veterinarian can administer the proper treatment for your pet.

MOST DEADLY: HEARTWORMS

Spread by mosquitoes, heartworms can cause congestive heart failure and death in dogs. The heartworm is a parasite which lives in the blood of a dog's heart and blood vessels. Adult heartworms can grow nine to 14 inches in length and up to 200 worms have been found in an infected dog's heart. Signs of heartworm are difficulty in breathing, coughing, fatigue, listlessness, and weight loss.

"It is extremely important to test all dogs for heartworm before starting heartworm preventive medication," said Dr. Larry Dee, president-elect of the American Animal Hospital Association. "If the animal is already infected, the preventive medicine can cause severe side effects." When given regularly, heartworm medication can provide complete protection against this insidious parasite.

Annual or biannual screening may be recommended in areas with high infection rates. Even if heartworm is not a problem where you live, it poses a significant health threat when dogs are taken to high-risk parts of the country. Your veterinarian can advise you if preventive medication is necessary before your trip.

Photos: Courtesy Colorado State University Top: Head of Hookworm Bottom: Tapeworm



WHAT IS THE AMERICAN ANIMAL HOSPITAL ASSOCIATION?

You've heard the name and seen the logo but do you know what the American Animal Hospital Association really is? We are more than 10,000 veterinarians who treat companion animals, such as dogs and cats.

Since 1933, AAHA has been recognized for setting high standards for hospitals and pet health care. More than 2,300 veterinary hospitals in the United States and Canada voluntarily participate in the AAHA hospital evaluation program. These hospitals are regularly inspected by trained AAHA staff and meet or exceed association standards in the areas of surgery, pharmacy, laboratory, pet health records, cleanliness, emergency services, dental and nursing care, and exam facilities.

AAHA members have a commitment to excellence in small animal health care. Our members keep up-to-date on major trends in veterinary medicine when they attend any of AAHA's numerous seminars, lectures, workshops, and regional and annual meetings. AAHA members also receive special services that can make a difference to your pet's veterinary care.

This Pet Report is brought to you by the members of the American Animal Hospital Association, CIBA-GEIGY Animal Health, Fort Dodge Laboratories, and Hill's Pet Products.

AAHA®
AMERICAN ANIMAL HOSPITAL ASSOCIATION

For the names of AAHA veterinarians in your area, call 800-252-2242 and ask for the Member Service Center.

HOW DOG-SMART ARE YOU?

Q: WHAT ARE HEARTWORMS?

Transmitted by mosquitos, heartworms are parasites that live in a dog's heart and blood vessels. Untreated, they can cause severe complications and death.

Q: WHAT ARE HOOKWORMS?

Commonly acquired outdoors in warm weather, hookworms live in the intestines, feeding on a dog's blood and often making it very sick.



WHAT'S AN EASY WAY TO PROTECT YOUR DOG FROM HEARTWORMS AND HOOKWORMS?

Interceptor® is the only way to protect your dog from both heartworms and hookworms for 30 days with a single convenient pill. Interceptor can be used with dogs and pups eight weeks and older, and is available in four pill sizes.

ASK YOUR VETERINARIAN ABOUT INTERCEPTOR.®

IT'S A SMART WAY TO PROTECT YOUR DOG FROM HEARTWORMS AND HOOKWORMS.

interceptor®
(milbemycin oxime)

Brief summary: Please consult full package insert for more information. **Indications:** Interceptor tablets are indicated for use in the prevention of heartworm disease caused by *Dirofilaria immitis* and control of adult hookworm infections caused by *Ancylostoma caninum* in dogs over eight weeks of age. **Precautions:** Prior to initiation of the Interceptor treatment program, dogs should be tested for existing heartworm infections. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy may occur after treatment of dogs carrying a high number of circulating microfilariae. **Caution:** U.S. Federal law restricts this drug to use by or on the order of a licensed veterinarian. **How supplied:** Interceptor is available in four tablet sizes: 2.3 mg (brown), 5.75 mg (green), 11.50 mg (yellow), and 23.0 mg (white). They are formulated and color-coded according to the weight of the dog. Each tablet size is available in color-coded packages of six tablets each. **Storage conditions:** Interceptor tablets should be stored at room temperature, between 59°F and 80°F (15-30°C). CGAH02-1123 © 1991 CIBA-GEIGY Corporation

Is your dog at risk from Lyme Disease?



Do you take your dog on walks?



Does your dog travel with you?



Do you take your dog camping?



Does your dog tag along?



Does your dog play near wooded areas?



Does your dog come along on family picnics?



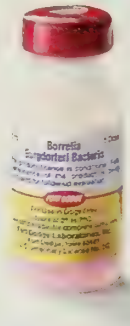
Do you take your dog jogging?



Does your dog hunt with you?



Does your dog go to parks?



If so, see your veterinarian

If you do any of these things, your dog may be at risk. Make sure your pet is protected. Ask your veterinarian to vaccinate your dog against Lyme Disease.

This message is brought to you by Fort Dodge Laboratories, worldwide supplier of quality veterinary biologicals.

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WHEN LYME DISEASE HITS HOME



The Mielke family & Huckleberry

Last December, Huckleberry, an 11-year-old basset hound, began slowing down and dragging a bit. Just natural signs of aging thought her owner, Pat Mielke. But Huckleberry also lost her appetite which was not normal for a dog who loves to eat. She was taken to the veterinarian who found she suffered not from old age but from Lyme disease.

Pat Mielke lives in East Harwich, Massachusetts, a town on Cape Cod where Lyme disease has been diagnosed in many people and pets. But she never thought it would show up in Huckleberry.

"I've read about Lyme disease, but my dog was never out without a lead. We always put her on a three-foot long leash to walk in the woods," Mielke said. "I thought this disease only affects dogs who run loose and are out all the time. It never occurred to me that it would be Lyme disease."

Lyme disease was first found in humans in Lyme, Connecticut, in 1975, when a large number of cases of what was thought to be rheumatoid arthritis were reported. The disease quickly showed up in animals. Although the disease occurs in people and animals, there is no evidence that it can be transmitted from one to the other. It is spread by ticks.

Until recently, Lyme disease was thought to be transmitted only by the deer tick. Researchers have found what appears to be the same disease in the Lone Star tick, the American dog tick, and the Gulf Coast tick.

Ticks can be found on low vegetation in wooded or long-grassed areas heavily populated by animals. They do not jump on their victims; instead, they attach to anything that brushes by...including pets. Once on the host, the tick will feed and spread a bacterium called *Borrelia burgdorferi* to the blood of the animal. When the bacterium enters the body, it spreads to the lymph nodes and can infect all body tissues within a short period of time.

"I've known people with Lyme disease, but not pets. I never had to pull ticks off of her; in fact, I never found a tick on her," Mielke added. She also was surprised that the tick bite occurred around Christmas rather than in the spring or fall when ticks are more of a problem.

Huckleberry's symptoms were typical for Lyme disease. She was lethargic; had difficulty going up stairs; had a fever; was slow, inactive, and tender all over; and her muscles ached.



HUCKLEBERRY

After examining Huckleberry, the veterinarian put her on antibiotics and within a day or two she perked up and got her appetite back. "She was on the medication for one month and then they took her off for two weeks before retesting her blood," Mielke said. "On the 12th day off the medication, she started slowing down again. The blood test came back positive."

According to Dr. James Coleman of the Pleasant Bay Animal Hospital in East Harwich, confirming Lyme disease in dogs is often difficult. The only way to know if the disease is present is through a blood culture. However, blood cultures often are unreliable because of the delicate nature of the Lyme disease organism.

Another test gives a positive or negative result for the presence of antibodies, but the results may be positive for dogs who show no symptoms. "One third of all healthy dogs in our area will test positive for the presence of Lyme disease antibodies," Dr. Coleman said. "This means that the dogs have been exposed but may not be clinically ill. Many never come down with symptoms of the disease."

Diagnosis of Lyme disease is often made in retrospect, Dr. Coleman said, by looking for typical symptoms, a positive antibody test, and response to the appropriate medications.

Dr. Coleman estimates that between 100 to 200 dogs have been treated at his hospital for Lyme disease in the last several years. Treating the disease in the early stages greatly reduces the likelihood of complications developing later.

In July 1990, based on the severity and rapid spread of Lyme disease, a vaccine for dogs was given a provisional license by the United States government. Pet owners should check with their veterinarians on the availability and recommended use of this vaccine.

As always, prevention is the best medicine. Pet owners should brush their dogs after each outing to help remove ticks from the fur. Also, if ticks are found, a veterinarian should be contacted for advice on insecticidal bathing or dipping. Owners who suspect their pets have Lyme disease should contact their veterinarians immediately.

After Huckleberry's illness was diagnosed, she was put on the appropriate medication and her condition improved immediately. Her veterinarian expects full recovery within four to six weeks. Once Huckleberry recovers, Dr. Coleman will recommend vaccinating her. He has not seen a vaccinated dog come down with the disease; and, at this time, it's the only way of protecting Huckleberry from future bouts with Lyme disease.

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For the names of AAHA veterinarians in your area, call 800-252-2242 and ask for the Member Service Center.

AGING PETS NEED SPECIAL CARE

Diet, exercise and medical advances not only benefit us, they add years and enhance the quality of our pets' lives, too.

As pets grow older, physical changes start occurring such as weight gain or loss, thinning and graying coats, bad breath, behavioral changes, arthritis, hearing and vision loss, and inappropriate urination.

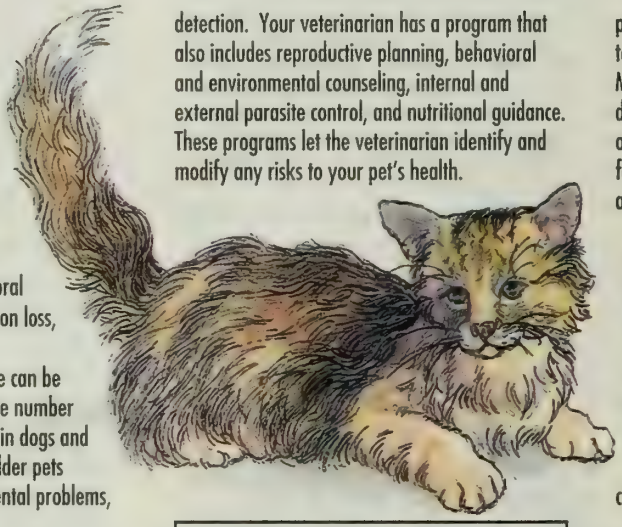
Problems that aren't noticeable can be fatal if left untreated. Cancer is the number one, nonaccidental cause of death in dogs and cats. Other common ailments in older pets include kidney disease, obesity, dental problems, and heart disease.

A preventive health-care program is the key to keeping pets healthier longer.

"Pets enter the 'golden' years sooner than you may think," said Dr. Tom Maddux, president of the American Animal Hospital Association. "For dogs, old age can begin as early as seven years, and for cats at about age nine.

"By the time a pet is 10 or 11, there is a strong bond between the pet and the owner," Dr. Maddux said. "It's usually at this time when the owner starts wondering how long the pet will live. A preventive health-care program and regular checkups can add years to the life of a pet."

Health-care advice your veterinarian will give for your aging pet is similar to programs for humans—weight control, exercise, dental care, regular examinations and tests for early disease detection. Your veterinarian has a program that also includes reproductive planning, behavioral and environmental counseling, internal and external parasite control, and nutritional guidance. These programs let the veterinarian identify and modify any risks to your pet's health.



WHEN PETS START TO AGE

The aging process varies with breed and lifestyle.

Small dogs (less than 20 pounds) by 11 years old
Medium dogs (21-50 pounds) by 10 years old
Large dogs (51-90 pounds) by 9 years old
Giant dogs (over 90 pounds) by 7 years old
Cats (most breeds) by 8 to 10 years old

Annual checkups help identify health problems in the early stages. Your veterinarian will conduct a standard physical exam in which your pet's eyes, ears, nose, heart and lungs, reproductive system, abdomen, and skin will be checked. A complete dental exam will determine your pet's oral health. Laboratory work such as a complete blood count and urinalysis may be performed, if necessary.

"Medical advances help pets live longer, but proper home care and lifestyle also are important to the quality and length of a pet's life," Dr. Maddux said. Lifestyle can put pets at risk for developing certain health problems, such as obesity. Excessive quantities of pet food, human food and other treats contribute to obesity in less-active pets.

Older pets should be fed a diet with fewer calories to prevent obesity and the related risks. Special diets are recommended for underweight pets and pets with age-related diseases.

In addition to a proper diet, regular dental cleaning is especially important as the pet ages. Tooth loss and gum disease are more common as pets get older. Regular cleaning and polishing treatments as well as home dental care help keep a pet's teeth strong and healthy.

Many older pets require moderate, consistent exercise as opposed to sporadic and strenuous walks or runs. Regular exercise is important to maintain bone strength, muscle tone, and stamina.

Grooming and bathing patterns also change with the age of the pet. Owners may need to bathe their pets more frequently and use special shampoos. The frequency of bathing also will depend on the climate, the pet's health status, and the breed.

While many problems in older pets cannot be avoided as they are part of the normal aging process, owners who practice preventive health care and provide a sensible diet and exercise routine give their pets the best chance to live a longer, healthier life.

Illustration: Karen Cannon

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continued from page 178

Corp., 5055 N. Lydell Ave., Milwaukee, WI 53217. **Crazy straws**—Crazy Straws, Chilton-Globe, Inc., Manitowoc, WI 54220. **Bowl and striped plates**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Fork and glass**—Cost Plus Imports (address above).

Page 138 (*left*): Plate, Deruta—Wine Country Living (address above). **Blue glass and napkin**—Robin's Nest, 140 East Napa St., Sonoma, CA 95476. (*Right*): **Plate**—Magnifico of Sonoma 25 East Napa St., Sonoma, CA 95476.

REGIONAL CHICKEN FAVORITES

Pages 150–151 (*left*): Plate, "Palette", Block—available at Present Concepts, 3101 Ingersoll, Des Moines, IA 50312. **(*Center*): Blue charger,** "Roma"; **Plate,** "Castellana"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **(*Right*): Plate,** "Cote d'Azure", Presentense—available at Present Concepts (address above).

Pages 52–53 (*bottom right*): Plate, "Tuxedo"—Swid Powell, 213 East 49th St., New York, NY 10017.

Page 154: Checkered plate, "Piazza"—Taitu, P.O. Box 58090, Dallas, TX 75258. **Striped plate,** "Domino"—Toscany Classics by St. George Crystal, Brown Ave., Jeannette, PA 15644.

Pages 157: Plate, "Punti" by Thomas—available at Present Concepts (address above). **Spoon,** "Fiddle Lane"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608. **Napkin**—Pier 1 Imports (address above).

Page 158 (*Left*): Liner—Lindt-Stymeist, 6231 Hollis St., Emeryville, CA 94608. **Plate,** "Lett", Deruta—available at Present Concepts (address above). **(*Right*): Plate,** "Bacci"—Pier 1 Imports (address above).

Page 160: Flatware—Izabel Lam International, 8-03 43rd Ave., Long Island City, NY 11101.

PRIZE TESTED RECIPES®

Page 167 (*left*): Wok and spatula—Rowoco; call 800/772-7111 for dealer nearest you. **(*Right*): Bone China cup,** "Classical Creamware"—Amana General Store, 8801 University, West Des Moines, IA 50265.

Page 168 (*left*): Plate, "Fiesta"—Homer Laughlin China Co., Newell, WV 26050. **(*Right*): Plate**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Fork,** "Aegean Weave"—Wallace Silversmiths, P.O. Box 9114, East Boston, MA 02128.

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Pages 21–26: Landscape architect—Julia L. Lundy, P.O. Box 9034, Portland, OR 97207.

FRONT-YARD FLOWERS

Page 51: Garden designer—Leo Snider, Coventry Landscape Co., 2503 Harmony Pl., LaCrescenta, CA 91214.

Page 52: Garden designer—Paul Broadhurst, Green Architecture, 1129 22nd Ave., E., Seattle, WA 98112.

Page 53: Garden designer—Withey/Price Landscape Design, 11558 Evanston Ave., N., Seattle, WA 98133.

Page 54: Garden designer—Daniel John, 64 Winchester St., Brookline, MA 02146.

Page 55: Garden designers—Leo Snider, Coventry Landscape Co., 2503 Harmony Pl., LaCrescenta, CA 91214. The Leonhard's Flower Shop & Greenhouses, 87 Corning St., Beverly, MA 01915. Tim Galardi, Riviera Gardens, 8914 Murietta Ave., Panorama City, CA 91402.

AMERICA'S BEST AFFORDABLE HOMES

Pages 82–83: Builder—J. Dennis Wilkins, Del Webb's Sun City Tucson, 1565 E. Rancho Vistoso Blvd., Tucson, AZ 85737. **Architect**—Leland D. Iverson, Iverson-Wilkinson Architects, 18002 Skypark Cir., Irvine, CA 92714. **Land planner**—David A. Martin, WLB Group, 4444 E. Broadway Blvd., Tucson, AZ 85711.

Page 84: Builder—Billy Reed; Dan Rambo, Saratoga Investment Co., 560 Colonial, Ste. 201, Memphis, TN 38117. **Architect**—J. Carson Looney, AIA; Bradford K. Shapiro, AIA, Looney Ricks Kiss Architects, Inc., 88 Union Ave., Ste. 900, Memphis, TN 38103. **Land planner**—Chuck Kubat, RTKL Assoc., Inc., 400 E. Pratt St., Baltimore, MD 21202.

Page 86: Builder/land planner—The Jones Co., 13100 Manchester, St. Louis, MO 63131. **Architect**—Darryl Labruyere, D.L. Design, 710 S. Kirkwood Rd., Kirkwood, MO 63122.

Page 88: Builder—Craig Morrison, Cimarron Homes, 20 W. Colony Place, Ste. 120, Durham, NC 27705. **Architect**—Jim Wentling, James Wentling/Architects, 200 S. Broad St., Ste. 900, Philadelphia, PA 19102.

Page 90: Builder—David M. Caillouette, The Baldwin Co., 16811 Hale Ave., Irvine, CA 92714. **Architect**—Philip M. Hove, AIA, Berkus Group Architects, 26 Corporate Park, Irvine, CA 92714. **Land planner**—Joseph Patrick Kapp, J.P. Kapp & Assoc., 15892 Pasadena Ave., Tustin, CA 92680.

Page 92: Builder—Gerald H. Rice, Rice Development, Inc., 163 E. Main St., San Jacinto, CA 92583. **Architect**—Greg Hammers, Gregory J. Hammers Architect & Assoc., 41490 Florida Ave., Hemet, CA 92544. **Land planner**—Colleen M. Mathews, NBS Lowry, 1545 W. Florida, Hemet, CA 92543.

Page 94: Builder—H. Gary Morse, Orange Blossom Communities, 1200 Avenida Central, Lady Lake, FL 32159. **Architect**—Doug Sharp, AIA, Bloodgood Sharp Architects & Planners, 4601 North A St., Tampa, FL 33609. **Land planner**—John Parker, Parker & Grant, 1200 Avenida Central, Lady Lake, FL 32159.

Page 95: Builder—Choice Homes, Inc., P.O. Box 1048, Arlington, TX 76004. **Architect**—Dale LeMaster, Choice Homes, Inc. (address above).

Page 96: Builder—Mark Schickner, President, DKM Building Enterprises, 1009 Lenox Dr., Princeton Pike Corp. Center, Lawrenceville, NJ 08648. **Architect**—William J. Devereaux, Jr., Berkus Group N.W., 1010 Wisconsin Ave., NW, Washington, DC 20007.

SOMETHING UNDERFOOT

Page 100: Shaggy wool rug—Kathy Moore. **Old fashioned crocheted rug**—Reah Gene Severson. **Painted floorcloth**—Stan Kluender.

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Page 117: Painted floor design—Faux Finishing, John Heldreth, 3333 Grand Ave., #232, Des Moines, IA 50312; 515/255-4641.

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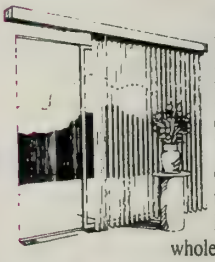
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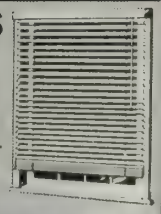
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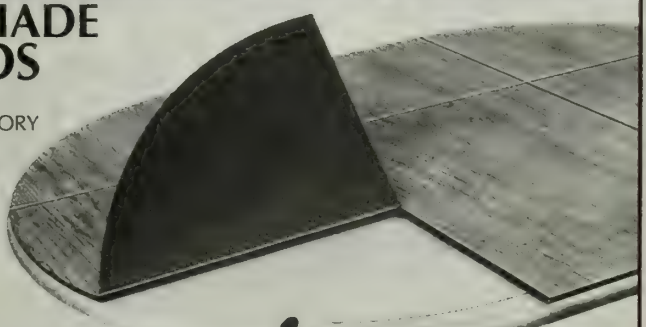
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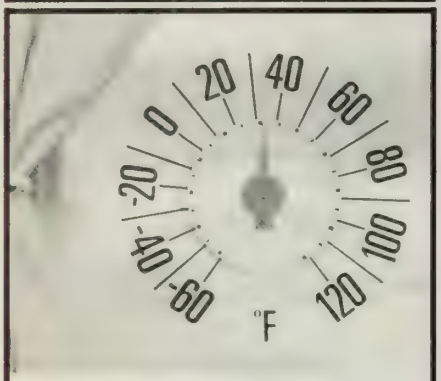
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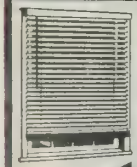
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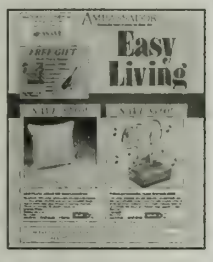
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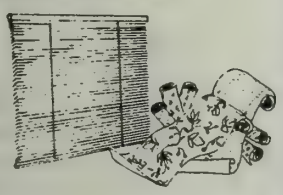
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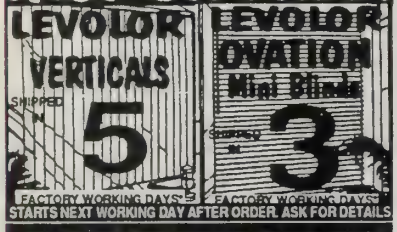
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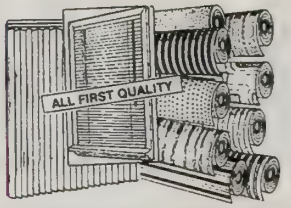
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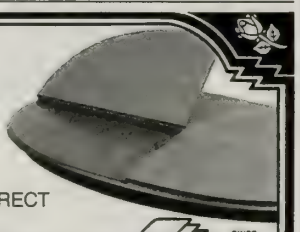
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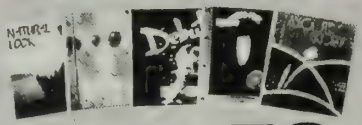
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MAY 1992

■ Dr. Bob Hannelly says most of us, unfortunately, don't become "well-rounded" people until after we're 40.

■ Uncle Dodd Buckner suspects some people like televised church services because no one sees what they put in the collection plate.

■ Grandpa Hillis believes we have to take some things on faith without expecting a lot, like rides in hot-air balloons, lottery tickets, and the preelection promises of a politician.

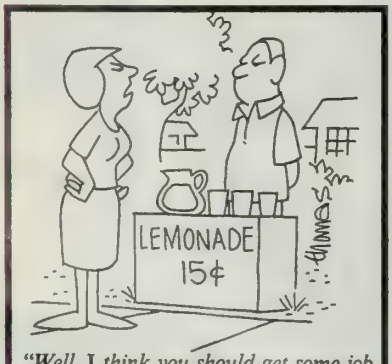
■ Young Bubba Daley says people have contributed one great gift to nature's order of things—the aroma of food sizzling on a backyard grill.

■ Isabel Norman calls catalog shopping a good news/bad news proposition: "The good news is that you don't have to fight the crowds. The bad news is that there's no salesperson telling you how the outfit complements your eyes."

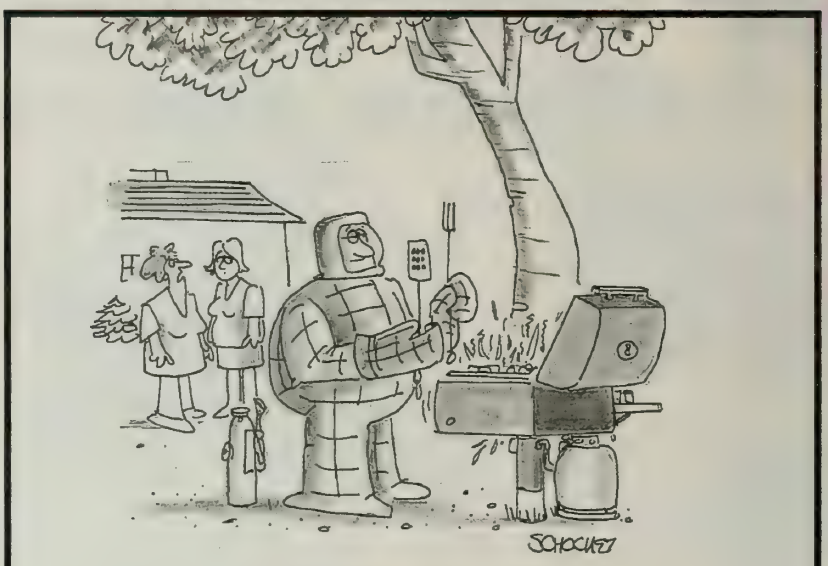
■ Ken Floyd says an old-timer is one who can remember when food purchased at the local market contained nothing but food.

■ Lee Bayless is convinced that any day that starts out before breakfast is likely to produce problems.

■ A cold shower may build character, but in my experience it all depends on whether it's expected or unexpected.



"Well, I think you should get some job counseling, George!"



"Stay away from the grill when Raymond is barbecuing."

■ Dot Dresch, noting the unquestioning loyalty shown by dogs, is surprised that no one has written a book for Fido called *Co-Dependent No More.*

■ Editor Earl Reeves recently told our morning coffee gathering that other than psychiatrists, the squirrel is the only animal that lives on nuts.

■ Aunt Opal observes wryly that considering the quality of the food served in some restaurants, it's a wonder the waiters have the nerve to introduce themselves.

■ The recent stress-reduction seminar held at my office may not have reached its goal of increased productivity, but manager Gay Miller points out that at least no one really seems to be worried about it.

■ "Seek and ye shall find," began the Reverend George Hall last Sunday, to which Vickie Ruiz replied softly, "unless you're talking about an apartment that takes pets."

■ Single Elaine Cowan, when told there's a new eligible bachelor in town, often asks, "eligible for what?"

'Tis the season for the most tiresome of gardening chores—digging, weeding, and thinning. Yet despite their love of the fruits of our labor, Judy and Burt, Jr., protest mightily whenever I conscript them into service.

"Can't it wait, Dad?" Judy whines. "I promised Amy Weng I'd help her clean the chain on her bike." And Burt will suddenly remember that Chris wants him to tidy up his room.

I was grousing about the excuses to Dad when he interrupted. "You were exactly the same," he recalled. "Had to drag you out to the garden kicking and screaming."

"But I remember those as some of the best times of growing up," I rebutted.

"Indeed they were," Dad replied. "But remember that memories are like tree seedlings: Planting them takes hard work, and the full flower of your efforts may take years to blossom."

Burton Hillis

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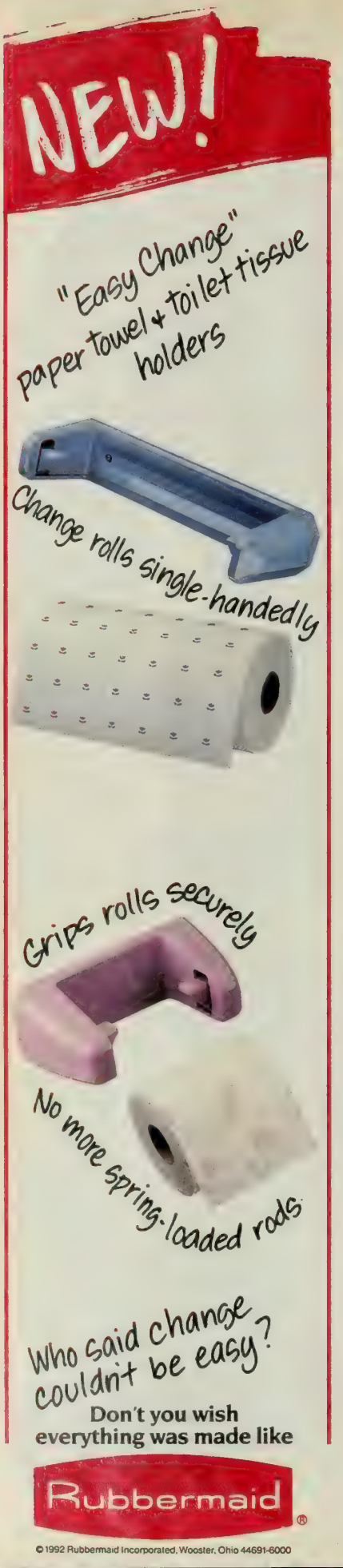








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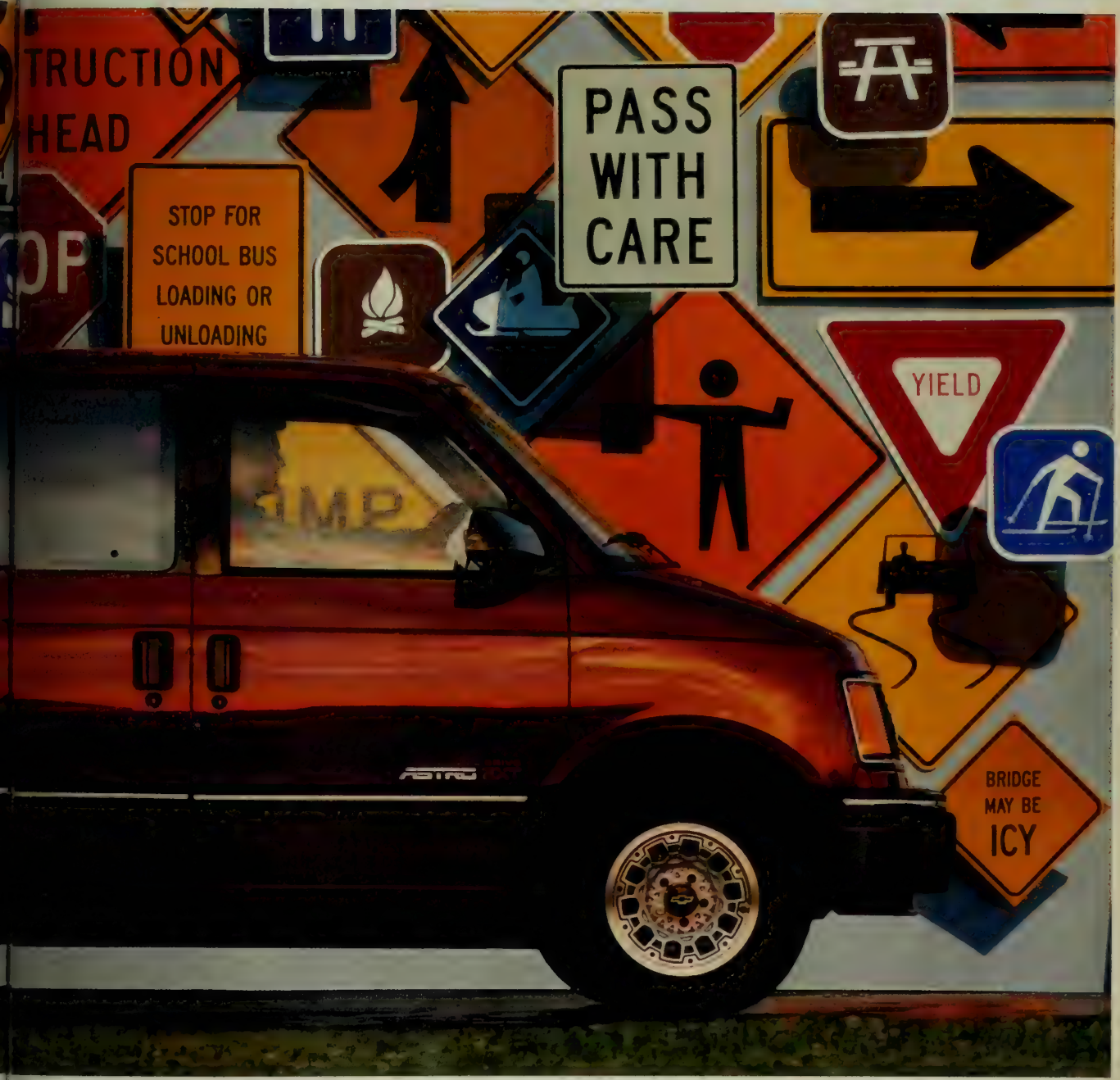
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Indirect heat. When there's pork on the grill, there's good eating. Indirect cooking lets you grill larger cuts of meat more slowly. Bank an equal amount of hot coals on either side of the fire grate. Center a drip pan between them. Place pork on the grill directly over the drip pan.

Smoke cooking. Wood chips add a lively outdoor flavor. Hickory and mesquite are commonly used. Place dampened chips over coals. Put meat on grill. Close cover to hold in smoke.

Peachy Smoked Pork Loin.

(Serves 6-8)

Combine: 1 T. salt, 1/2 t. ground pepper, 1 t. ground ginger, 2 T. cooking oil, 2 T. cider vinegar, 1/2 c. brown sugar, 3 T. chili sauce and 1 29-oz. can of peach slices in heavy syrup, undrained. Blend until smooth. Marinate 2 lb. pork loin, refrigerated, overnight, in 1/2 of mixture. Refrigerate remaining marinade. Grill pork 60 min. (155° internal temperature) using indirect method. Smoke with hickory chips. Baste often with reserved 1/2 marinade. Slice to serve.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



The Other White Meat.®

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EDITOR'S LETTER

JUNE 1992



GEORGE CEOLLA

AH-H-H-H SUMMERTIME, WHEN LIVING IS OUTDOORS

Dear Readers,

This month is our annual outdoor living issue, made especially significant for us because it's the 15th anniversary of this special section. Actually, I'm sure we've been at it a lot longer than that. I remember working on outdoor living projects way back in the early '60s, when I was a young pup of an editor on the *Better Homes and Gardens®* staff.

I know you'll find some fresh, new ideas as well as feel that familiar surge of excitement when you think about all the possibilities for your yard. I'm especially taken with our article "Pretty and Practical Porches," *page 27.* These beautiful, romantic settings make you want to be there on a warm June afternoon with a good novel and a glass of iced tea at your elbow..

I'm drawn to that vision because of the pleasure I get from our own recently completed screened porch. We added this porch as part of an extensive remodeling, and it stretched our budget to the limit—actually, a little past the limit. My wife, Gerrianne, and I debated a long time about whether to incur the extra expense. After all, we had a perfectly good deck that we seldom used. Iowa summers are notorious for heat, humidity, and mosquitoes. But we took the plunge, and, as it turned out, we couldn't have made a better decision.

From the first warm days of spring until Jack Frost drives us inside, we vitually live on that porch. Even on the hottest days, the roof provides shade and a ceiling fan makes a gentle breeze. Candlelight dinners serenaded by crickets, invigorating breakfasts in the cool breezes of morning, and long, lazy afternoons on the chaise longue reading the Sunday paper between naps make comparisons between our porch and heaven inevitable.

Heaven it may not be, but haven it certainly is. The only real problem, of course, is that once I get ensconced in my chair on the porch, the charms of working in our garden or my workshop quickly fade. In the end, I suppose, it's a good thing. I think there's a real danger for folks like us who are interested in our homes to get so involved in improvements and projects that we don't take enough time to enjoy what we have. I know that sounds like heresy for a man in my position, but it's an argument that sometimes works when Gerrianne has a particularly onerous garden job for me on a hot Sunday afternoon!

I hope you'll find in the pages of this issue the idea for an improvement for your home that will bring you as much pleasure and relaxation as our new porch has provided for us—without overstretching your budget. Life holds many pleasures and adventures, all of which seem to cost money, time, and energy. In making the choices, I'd pick those close to home almost every time. That's where the lasting value is!

David Jordan

David Jordan, Editor in Chief

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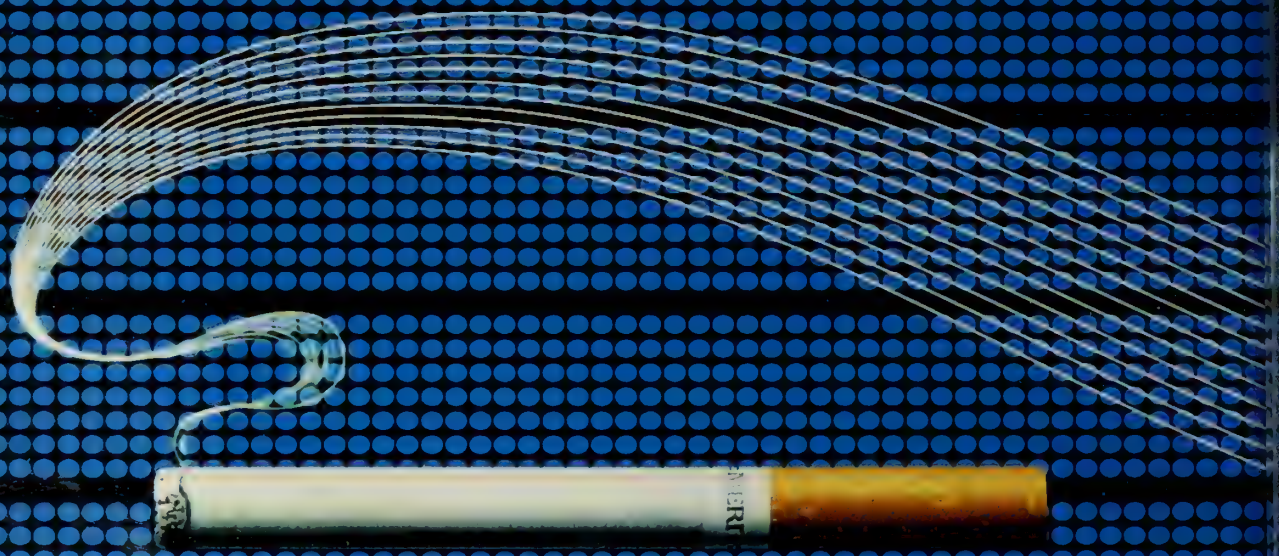
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FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

ROCK LYRICS

Family Network *received quite a few responses to Portia McManus' January letter about her teenager listening to questionable rock lyrics. Here's what two readers advised:*

Discuss the lyrics with your daughter and ask her the following questions: Do you agree with the message? Are the lyrics part of your lifestyle? Would you want them to be? Would you want your friends to live by these guidelines? If she answers "no" to even one of these questions, ask her what positive and uplifting alternatives she can think of to replace the negative messages.

Barbie Sabler
Waterville, Maine

When I criticized my teenagers' taste in music, they had me watch MTV with them. The songs I didn't understand, they explained to me. Some of it wasn't so bad after all, and it helped me understand what was going on with today's teens.

Frances Pollard
Trinity, Tex.

OVERWEIGHT NIECE

Family Network *also received letters suggesting solutions to Diana Mover's January question about how to help her chubby niece overcome name calling. Here's what one reader had to say:*

Encourage your niece to find an activity at which she can excel regardless of her size. As she becomes increasingly proficient at something her peers may not do as well, her self-esteem will grow.

J. Stanley Beacham
Ivins, Utah

NOT SO CUTE

When I say "no" to our 13-month-old daughter, I mean "no." My husband, on the other hand, laughs at everything she does. As a result, she doesn't take me seriously. What do I do at this point?

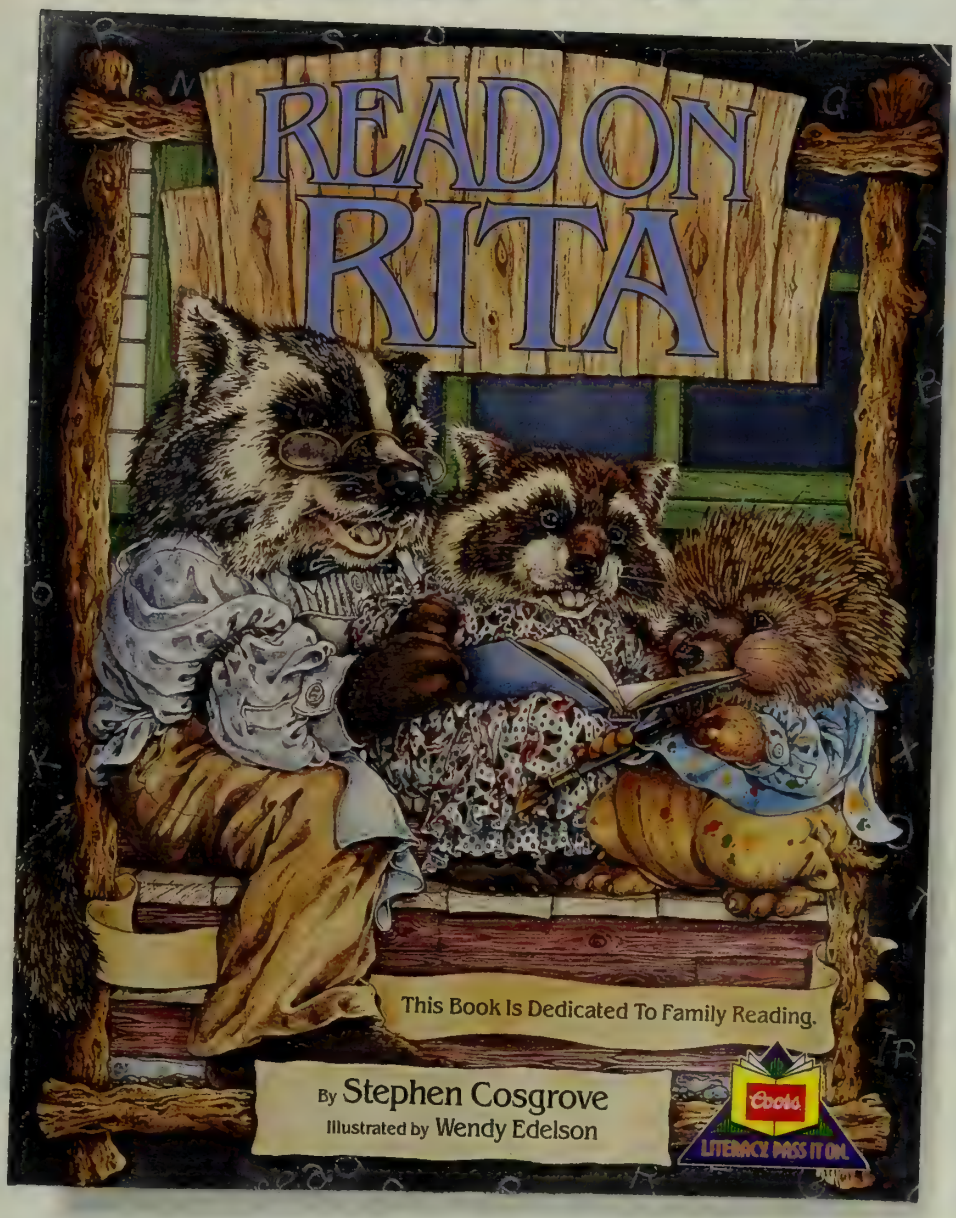
Deborah Humphries
San Diego, Calif.

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published. BH&G



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*Source: January, 1992 survey of sales by select doll dealers. Prices are based on relatively few sales and reflect supply and demand. Actual resale prices realized by collectors may be lower.

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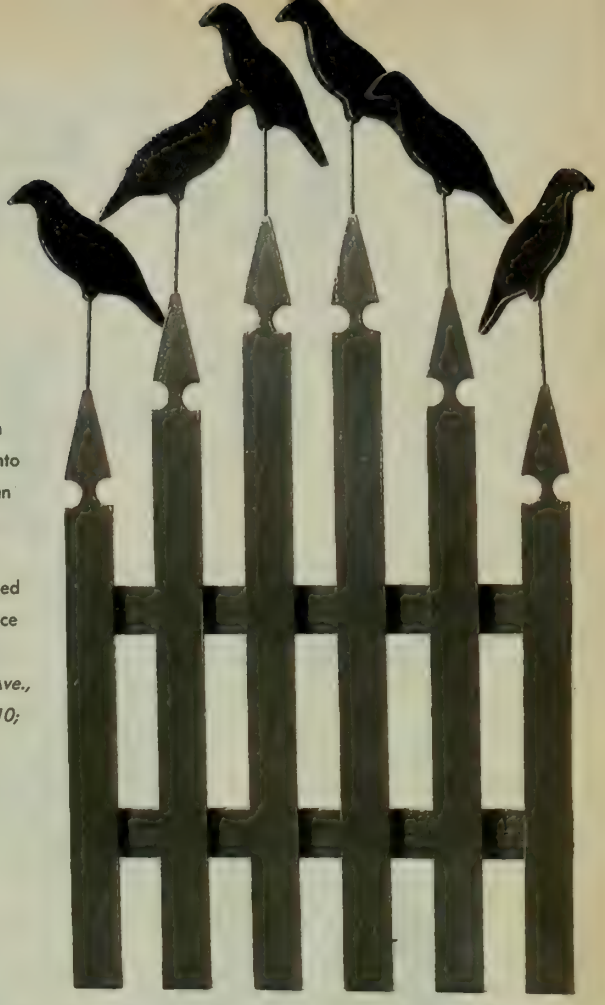
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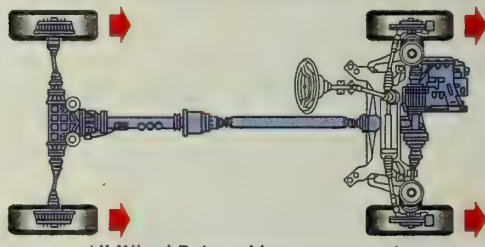
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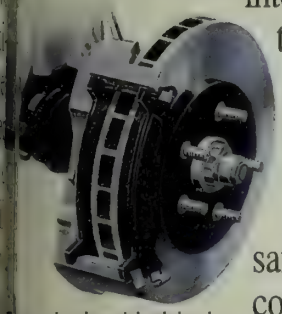


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PORCHES

BY SANDRA S. SORIA



Salvaged pine flooring and porch posts inspired owner Sunny Drewel to transform the back walkway of her St. Louis-area home into a breeze-catching dining spot. Mellow green paint and refreshing Waverly fabric make great cover-ups for well-worn auction finds.

Sure, a couple of rusty lawn chairs and a cement slab will do—but why not turn your warm-weather sitting spot into an especially beckoning retreat. To do it, simply take comfort cues from the inside of your home. This potpourri of porches will show you how.



PORCHES

By swapping a bank of storm windows for a checkerboard of glass, the Fleischmans turned their underused porch near Boston into a three-season temptation. As a bonus return on the investment, the porch looks as good from the street as it does from the wicker. For porch appeal:

Do a background check. Don't need a wall of glass? Consider small decorating strokes that make a big impact. Here, glossy white paint showcases aged pieces. The Fleischmans used durable deck paint on the floor, then personalized it with stenciled blooms.

Furnish with flair. Not just for has-been furniture, this porch is stocked with a fine bureau, hooked rug, napping sofa, and paint-revived wicker—all the comforts of inside the home.

Don't forget the finishing touches! Folk art and flowers give this porch its colorful personality.

A hooked rug divides this tough-to-arrange tunnel of space; the two separate seating areas conquer it.

PHOTOGRAPHS: D. RANDOLPH FOULDS. INTERIOR DESIGN: BETTY FLEISCHMAN. REGIONAL EDITOR: ESTELLE BOND GURALNICK







PORCHES

A few leading accessories lend more decorating drama than a big cast of small ones. A salvaged door pediment perched on a church pedestal gives this deck grandeur.

For easy outdoor decorating, start with fine-lined basics, then complete the scene with earthy fillers. Shapely topiaries and brimming pots warm this light and airy scheme.

PHOTOGRAPHS: D. RANDOLPH FOULDS. DESIGN: BETTY FLEISCHMAN. REGIONAL EDITOR: ESTELLE BOND GURALNICK

Once their back stoop started to crumble, this Boston-area family decided the time was right to expand the off-the-kitchen steps into a nostalgic time-out spot. A 12×15-foot lineup of planks lays the platform for easy living, while the classic balustrade adds architectural punch. To power up your patio:

Do the white thing. Again, white paint sets a sparkling stage that showcases the open-air players, from great greenery to star seating.

Pump up some iron. As sophisticated as a tuxedo, a new coat of black paint and pinstriped cushioning prepares 30-year-old iron garden furniture for another round of gaiety. Don't have old pieces to recycle? Consider investing in never-say-die classic iron.



PORCHES

Shelly and Janet Rosenberg wanted to relax in a porchlike setting year-round, so they enclosed a bit of their New Jersey backyard with an inviting greenhouse addition. Light-filtering solar shades create a crisp canopy that can roll up to reveal the sky. To give any light-filled space relaxing porch appeal:

Stay neutral. Calming hues don't upstage the outdoors; they let the eye glide by. Invite in the view with shades or blinds that are there when you need them, vanish when you don't.

Rely on natural beauty. Wicker instantly evokes a casual, outdoor mood. Fill in with sun-baked accents: a worn rug, an airy birdhouse, and, of course, fresh fruit and flowers.

Beyond the glass, a weathered redwood deck and metal pipe rail add a handy sun deck without detracting from the lush view.

Don't fight an open-air mood with heavy furnishings. Staged on the "deck" of an outdoor coffee table, this simple still life celebrates nature's bounty.

PHOTOGRAPHS: BILL STITES. DESIGN: SHELLY AND JANET ROSENBERG DESIGN STUDIO. REGIONAL EDITOR: BONNIE MAHARAM







A simple banister, sundress fabrics, and painted second-hand furniture join forces to give this new porch yesterday's charm.

PORCHES

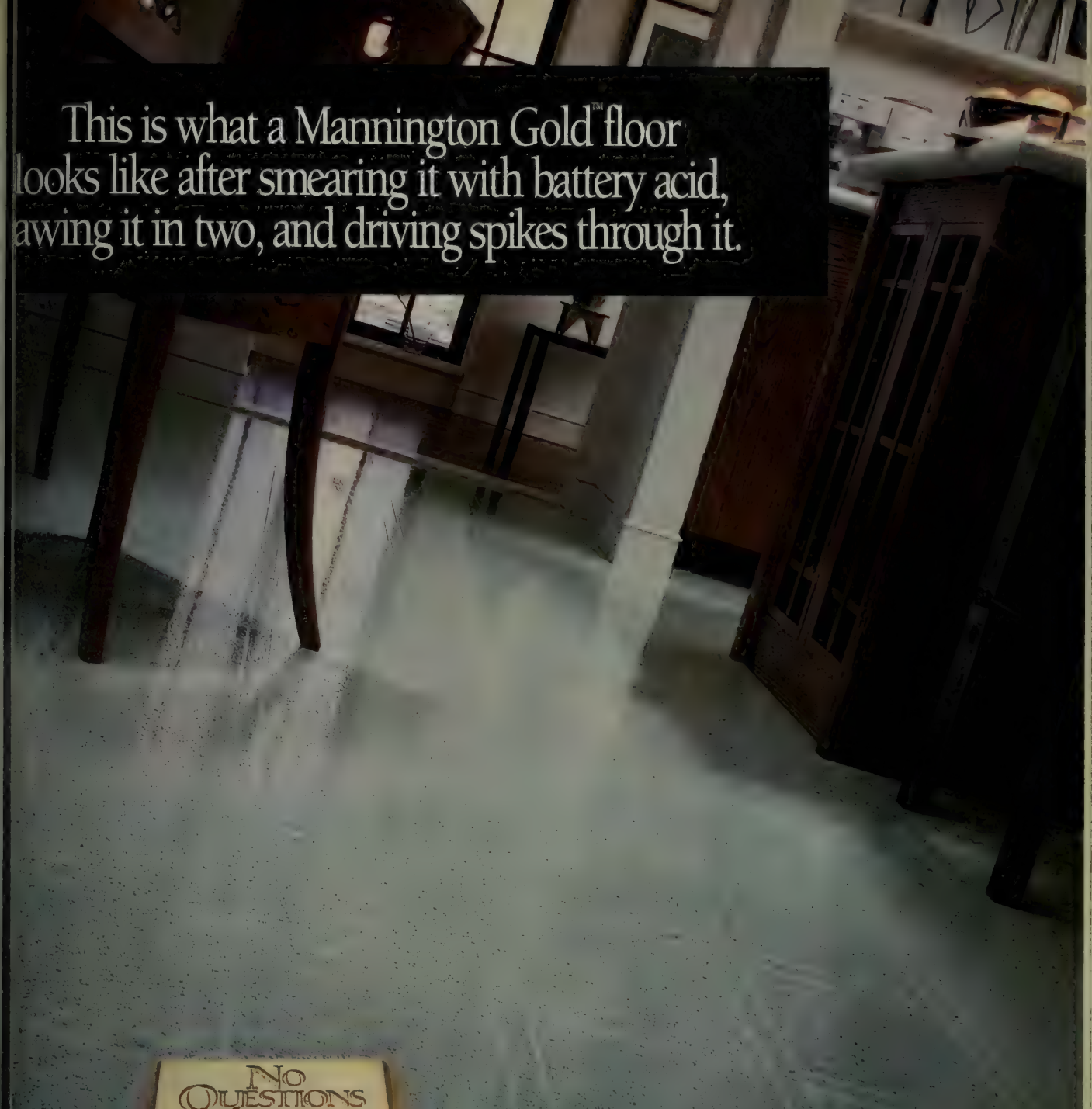
When a shingled addition turned the back of their St. Louis home into an L, the Engelbreits found an ideal niche for an old-fashioned galley porch. The 20×12-foot getaway is only steps away from the kitchen, making it an ever-beckoning spot for alfresco dining or after-work relaxing. To give a new porch vintage flair:

Cozy with color. Deep, rich colors, such as this dark green wood floor and black wicker, foster intimacy. Brights and whites leaven the deep hues.

Toss it on; mix it up. Set off against the black-painted wicker, a bright fabric medley gives the sense that this porch has evolved over time. Common colors link the varied fabrics.

Look back. Simple pleasures—a swinging hammock and vintage birdhouse—instantly evoke times gone by.

Buying information, see page 124.



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SCHOOL SUCCESS

Seven positive steps you can take to help your kids



Education is too important to entrust to the schools alone. But who has time to help these days? Surprise: You do! We've gathered seven simple steps you can take to ensure your child's success in school.

First, though, it's important to understand why your investment of time is so critical. The nation's largest education organizations agree that when parents get involved in their kids' education—and stay involved from elementary all the way through high school—their kids do better in school.

The U.S. Department of Education says that parent involvement can lead to improved student achievement, increased school attendance, reduced drop-out rates, and decreased delinquency. What's more, these improvements result no matter what the economic, racial, or cultural background of the family.

So how can you get involved in a positive way and make your school work for you and your children? Consider these seven strategies:

Go to school. Too many parents set foot in school only for teacher conferences, or to attend special events such as band recitals. But that's not nearly enough, says Pat Henry, president of the National PTA. "Parents have an obligation to physically be in school so they can understand its needs firsthand," she says. "If you don't go to the school, how will you know if it's in good shape? Or if there are enough tables and chairs and textbooks? Or if the classrooms are overcrowded?"

Each quarter, parents should call the school and make an appointment to observe their child's class. Working parents may have to give up an occasional lunch hour, but the dividends are worth it. Besides sending a positive message to teachers that you're a concerned parent, you'll have a whole new set of things to discuss with your child at the dinner table. Once you've seen the school's art tables, reading corners, and so on, they'll have new meaning for you.

In addition, try to schedule at least one meeting a year with your school's principal. Even a brief, friendly conversation may help you better understand his or her educational goals and philosophy. Such a meeting could also be used to discuss any concerns you have. If you're pleased with what you've observed at the school, make a point of telling your principal. "Be complimentary as often as possible," advises Henry. "Then, when you have a legitimate complaint, someone will be more likely to listen."

Offer to volunteer. "Volunteering is more than just baking cookies and raising money for band uniforms," says Henry. "Parents must work to see that the educational needs of the school are met. And that means working for the good of all children, not just their own."

Some schools have coordinators that inform parents and concerned citizens about volunteer opportunities. If there's no designated coordinator at your school, call the teacher or principal and ask what you can do to help. It might be as simple as spending an hour listening to a first grader read or helping a harried science teacher inventory materials.

Join a PTA. Seven million parents nationwide are already members of the PTA, and thousands more belong to other parent-teacher organizations. "Through the PTA, parents can address a variety of educational needs and really affect the process by being informed and speaking with one voice," explains Henry.

For instance, in Henry's own state of Oklahoma, parents and educators recently banded together to introduce broad-sweeping educational reforms. "New businesses and industry were consistently overlooking Oklahoma

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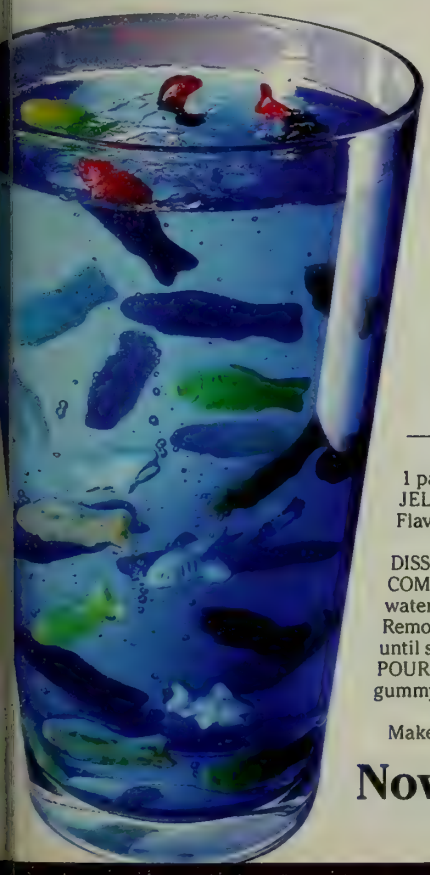
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Ice cubes. Gummy fish.

DISSOLVE gelatin completely in boiling water.
COMBINE cold water and ice cubes to make 1¼ cups ice and water. Add to gelatin, stirring until slightly thickened. Remove any unmelted ice. If mixture is still thin, refrigerate until slightly thickened.
POUR thickened gelatin into 4 dessert dishes. Suspend gummy fish in gelatin. Refrigerate until set, about 1 hour.

Makes 4 servings. Preparation time: 20 minutes.



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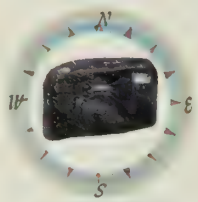
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*Both destinations must be taken within the same trip.

SCHOOL SUCCESS

continued from page 36

because the level of education was not competitive," she explains. "In 1990, we passed legislation to raise taxes across the board and, in addition to other things, increased our annual base teacher pay from $15,000 to $24,000. Now, it's more attractive for good teachers to stay here."

PTA success stories abound, with informed parents doing everything from lobbying for music programs and media centers to lowering student to teacher ratios.

"If your school doesn't have a PTA, start one," insists Henry.

Be supportive at home. Studies prove that creating a positive home learning environment has a powerful impact on student achievement. To foster such an atmosphere, keep an upbeat attitude toward education and let your children know you have high expectations for their success.

At school, many students do better with extra attention and help. Yet kids often make even greater strides when the help comes at home, from their parents. For example, you might offer to review your child's homework or suggest potential sources of information for research projects.

For certain disadvantaged students, some schools even offer home-based programs to instruct willing parents on how to teach their children such skills as reading and simple math. The idea can benefit children, parents, and teachers. For kids, increased academic achievement is common. For many parents, such programs become an inspiration to improve their own education. The rewards to kids and parents benefit teachers as well, who find improved working climates in their classrooms.

Attend school board meetings. A lot of parents aren't quite sure what, exactly, school boards are all about. In the colonial days, the colonists themselves decided all school-related matters during the local town meeting. Even today, most members of school boards are citizens rather than professional educators.

These citizen members of the school board are accountable to the entire community. Board members are responsible for hiring all the school superintendents, principals, teachers, and other education professionals. The board then directs these folks to carry out the district's policies and goals—all on behalf of the community's children.

According to the National School Boards Association, school boards are empowered, in most communities, to do the following:

- Levy school taxes and issue bonds that it feels are appropriate and necessary (within certain limits)
- Build new buildings and remodel old ones
- Operate transportation systems and food services for students and school district employees

CONSIDER MAGNET SCHOOLS

If a school doesn't meet your family's needs, call the school district before you bail out. More and more districts are setting up "magnet" schools that emphasize one subject, such as science. "Alternative" schools, which offer an educational philosophy different from that of the mainstream, are increasing in popularity as well. In some areas, they're in such demand that waiting lists or lotteries are used to determine enrollment.

- Authorize major purchases
- Conduct school board meetings that are open to the public, and keep the public informed about the schools
- Encourage citizen involvement, including the creation of citizen advisory groups
- Set up a program for anticipating the community's future school needs.

Any parent who hopes to affect major changes in a school district must understand how the political structure of a school board operates. Attending school board meetings is the most logical way to learn that process. Besides being educational, attendance at school board meetings shows support for board officials, who will be more likely to listen to your issues if you've invested time listening to theirs.

Be prepared for parent/teacher conferences. Too few opportunities exist for parents and teachers to talk one-on-one during the school year. That's why it's essential that you attend designated conference days and come fully prepared.

According to William Rioux, executive director of the National Committee for Citizens in Education, merely asking, "How is my child doing in school?" is no longer acceptable. "Parents need to feel confident enough to ask higher-order questions," he says. "For example, if you're told that your child is reading at grade level, is that really good enough for your child? Perhaps he or she could be doing much better."

To prepare for a conference, compile a list of topics to discuss with each teacher, then ask your children about their concerns. If you and the teacher identify a problem, call him or her in a few weeks or set up another conference. Also, express your willingness to work with the teacher on any issues that are addressed—then follow through on your promise.

Become an informed parent. Fortunately, there's an abundance of free and inexpensive information available to parents who wish to learn more about getting involved in schools and understanding how they operate. Here are a few publications to help get you started:

- "The Busy Parent's Guide to Involvement in Education." Free. Write to: National PTA, 700 Rush Street, Dept. BHG, Chicago, IL 60611-2571
- "Choosing a School for Your Child." 50 cents. Write to: U.S. Department of Education, Office of Educational Research and Improvement, Consumer Information Center, Department 471X-BHG, Pueblo, CO 81009
- "Your School: How Well Is It Working?" $3.50 plus $2 shipping and handling. Write to: The National Committee for Citizens in Education, 900 Second St., NE, Suite 8, Dept. BHG, Washington, DC 20002.

To order other low-cost, education-related brochures, such as "Parent Involvement," "Parent/Teacher Conference," "Access to School Records," and "Annual Education Checkup," call the National Committee for Citizens in Education's hotline at 1-800/NET-WORK.

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1992 Aerostar. News that's worth looking into.

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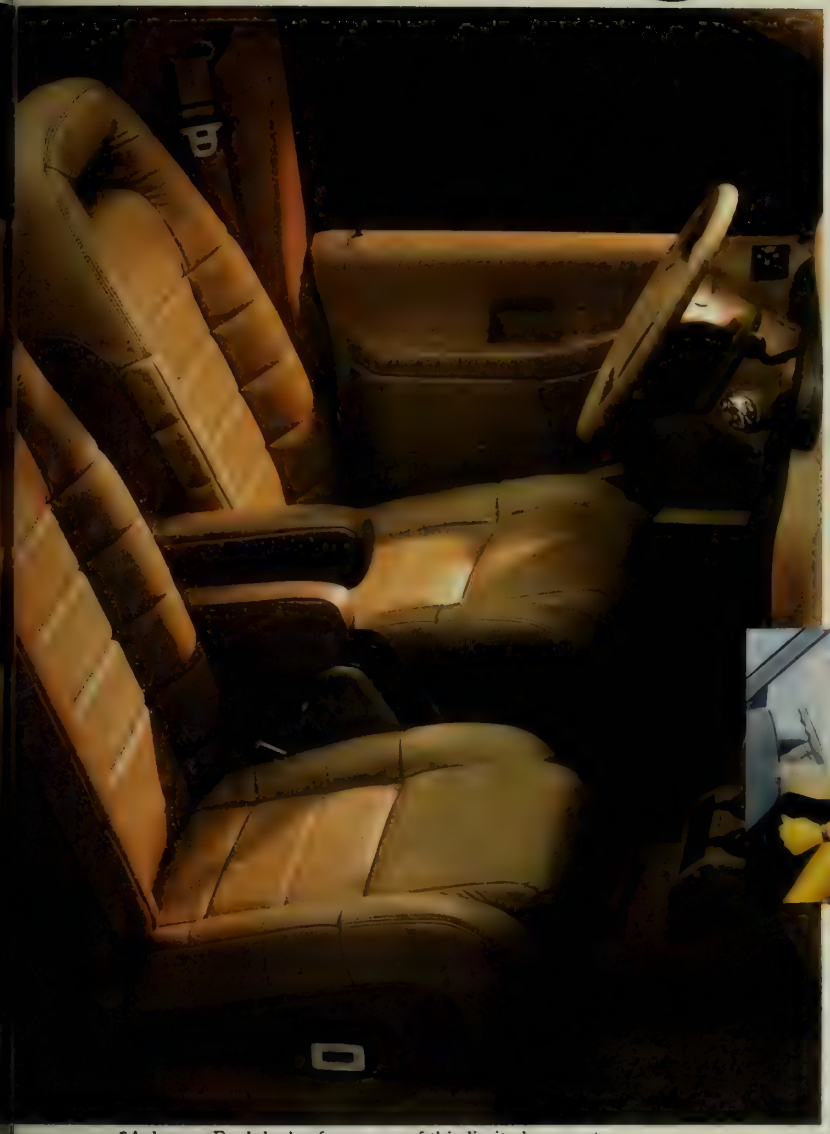


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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

BY JOHN B. THOMAS

IN-LINE SKATING

The hottest fitness craze to hit the streets

Lace up your skates and head for a smooth patch of cement. All across the country, in-line skating is the latest low-impact way to burn off calories and firm up flabby legs.

Also known as "blading," in-line skating is closer to ice skating than it is to traditional roller skating. An in-line skate has four hard rubber wheels lined up in a row that functions like the blade on an ice skate. For some, that makes in-line skates faster—and more fun—than roller skates.

Since the first pair of *modern* in-line skates rolled off the assembly line in the early 1980s (barmaids in the 1800s wore crude models), 5 million people have taken up the sport, according to the International In-Line Skating Association in Minneapolis.

One sleek step beyond those old-fashioned roller skates of the 1970s, today's "blades" are the coolest new activity for kids. Older folks, on the other hand, are focusing on the sport's cross-training and fitness advantages.

For example, in-line skating can improve aerobic conditioning, reduce body fat, and, potentially, burn 300 to 500 calories per hour. It's also a great way to tone and strengthen the muscles of your hips, thighs, and legs. The push-off phase that starts each stride works your buttocks and outer thighs. The gliding phase takes care of your inner thighs and hip flexors.

Best of all, in-line skating is less likely than some other sports to result in such overuse injuries as stress fractures and tendinitis. Running, for instance, causes excessive pounding that can take its toll on an aging body.

For safety's sake, stay in low-traffic areas when in-line skating, and wear full protective gear, including knee and elbow pads, wrist guards, and a helmet. Some of the companies that make in-line skates include Bauer, Rollerblade, Ultra-Wheels, and Switch It. A good pair usually costs between $100 and $500. For more facts about in-line skating, call the International In-Line Skating Association at 800/367-4472.



In-line skating is catching on with fitness-minded families.

HELP FOR HEEL PAIN

Treatments to get you back on your feet again

Heel pain can be a hard-to-heal problem. Knowing what steps to take can make all the difference in your recovery.



Chronic heel pain affects people of all ages, shapes, and athletic abilities, says Donald E. Baxter, M.D., clinical professor of orthopedics at Baylor College of Medicine and a leading expert on heel problems.

A minor heel bruise normally goes away within a few weeks, says Dr. Baxter, who currently treats dozens of professional athletes. Pain that lasts more than three or four weeks may need special attention.

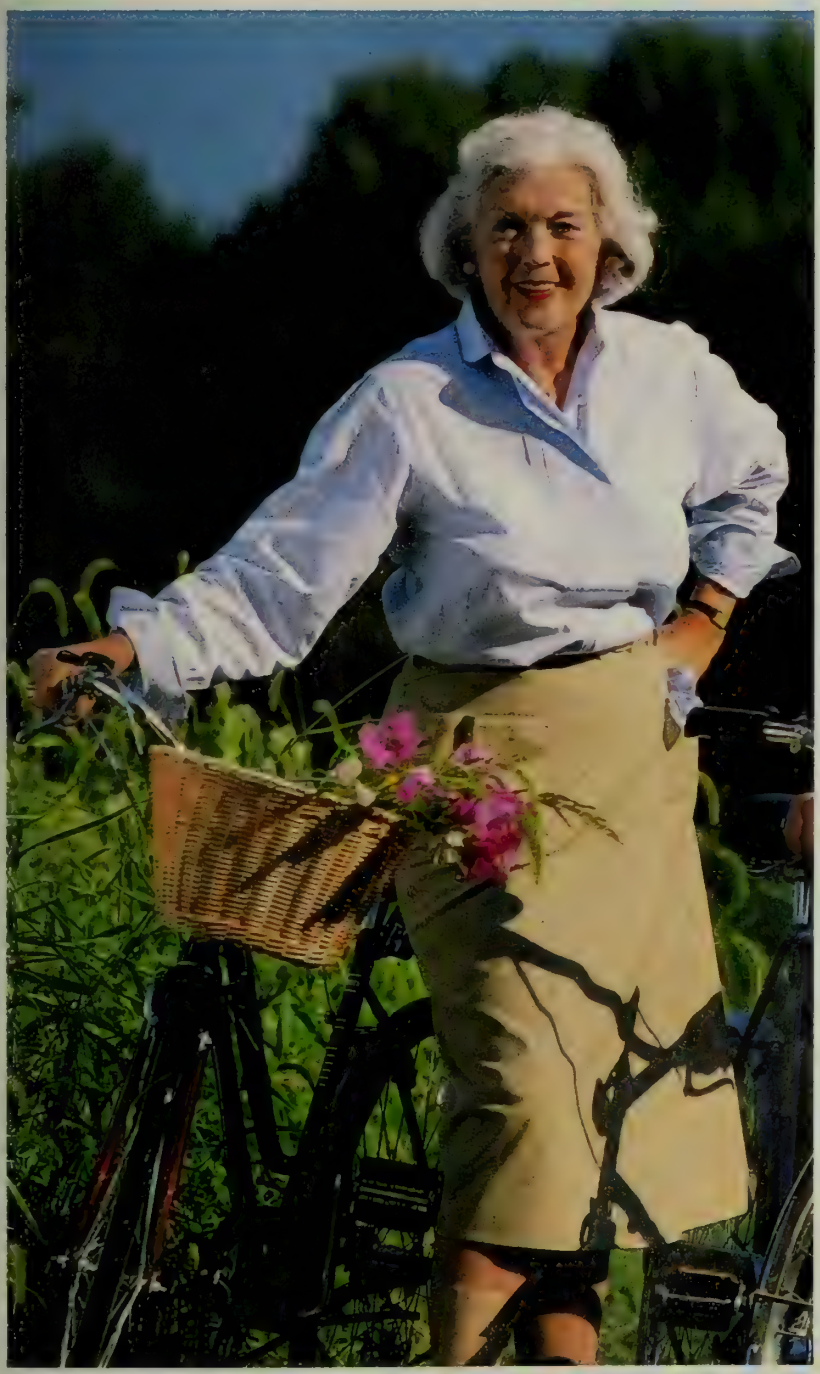
The most common cause of chronic heel pain is plantar fasciitis, an inflammation of the tissue that runs along the bottom of your foot. Other less likely causes include stress fractures, bursitis, nerve pain, and arthritis. Although they may be present, bone spurs on the heel don't always cause pain, he says.

Before you hobble off to the doctor in search of an instant cure for your heel troubles, Dr. Baxter says that you should have patience, and try a few of these simple self-treatments:

- Stretch your Achilles tendon and heel cord. Stand tiptoe on a step, with

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"Breaking my hip wasn't a lot of fun. But it didn't cramp my style."



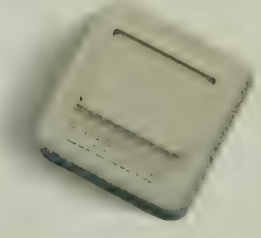
"It was two years ago. And it took a while before I was bicycling again. But now I do everything I did before. Even my kids are impressed. The only concession I make is to keep Lifeline at hand. Because now I know that accidents can happen. Even to me."

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FITNESS MATTERS

continued from page 42

your heels hanging over, and slowly let the weight of your body push down on your Achilles tendon. Don't bounce, warns Dr. Baxter. Do this exercise four times a day, 20 seconds each time. Another option: Stand several feet from a wall, then lean up against the wall while you keep your heels planted on the floor.

If you suffer from morning heel pain, which is common in chronic cases, try this exercise before getting out of bed: place a rolled-up towel underneath the ball of your foot and then, with one hand on each end of the towel, slowly pull your foot toward you. This stretches the plantar fascia and gets blood flowing through the heel, explains Dr. Baxter.

- Try store-bought arch supports, such as those made by Dr. Scholl's.
- Take an over-the-counter anti-inflammatory, such as ibuprofen.
- Wear only high-quality shoes that have good support.
- Don't be afraid to keep walking. Dr. Baxter advises his patients to begin walking for 10 minutes a day, then increase their time 10 percent each week. "They actually do better than patients who sit around waiting for their foot to heal."

Dr. Baxter says that only 5 percent of chronic heel sufferers eventually require surgery. For the other 95 percent, time heals all heels.

For a free brochure, send a SASE (business size) to: "Common Foot Problems," American Academy of Orthopaedic Surgeons, P.O. Box 618, Park Ridge, IL 60068.

SNEEZELESS SPORTS

Attention allergy sufferers: you can enjoy exercise

Don't blow your cool if workouts give you itchy eyes or a runny nose. There are plenty of fitness activities that are easy on allergy-sensitive exercisers.

Here's some advice from the Allergy Information Center and Hotline on which sports are better suited for allergy sufferers.

"Good sports" are those that provoke little or no allergic reaction. Any water sport, such as swimming or waterskiing, is considered a good match for most allergy sufferers because you usually don't encounter as many plant allergens in water as you do on land.

Other good sports include such indoor activities as aerobics and weight training. Just make sure that air-conditioner filters are clean, and stay away from open windows and doors. If you're doing aerobics on hardwood floors, wipe your space with a damp cloth to remove dust. For carpeted floors, cover your area with a mat.

"Sports to enjoy with special precautions" include running, tennis, and bicycling. Allergens make running outdoors difficult during pollen season (April through September). Instead, try using an indoor track. If you're just itching to go outside, avoid freshly cut lawns, and don't run in the early morning hours when pollen counts are at their peak.

Tennis buffs are also better served indoors. The shrubbery surrounding courts can aggravate allergies, as can the dust from clay courts. The best bet for bicyclists? Set up a stationary bike in your basement and spin your wheels until the fall.

"Sports to avoid" include hiking, horseback riding, football, golf, baseball, and soccer. All expose sensitive noses to irritating levels of allergens.

You can make any activity more enjoyable—and make yourself less susceptible to allergy symptoms—by following these simple guidelines:

- See your doctor or allergy specialist for treatment. He or she may suggest an over-the-counter product, or prescribe such medications as antihistamines, nasal steroids, or cromolyn sodium, which can prevent symptoms. Another option: desensitization therapy, which can increase your tolerance to allergens.
- Avoid workouts from 5 a.m. to 10 a.m. when pollen counts are high.
- Cover your mouth with a mask and wear sunglasses when outdoors.
- Breathe through your nose to warm and filter outside air.

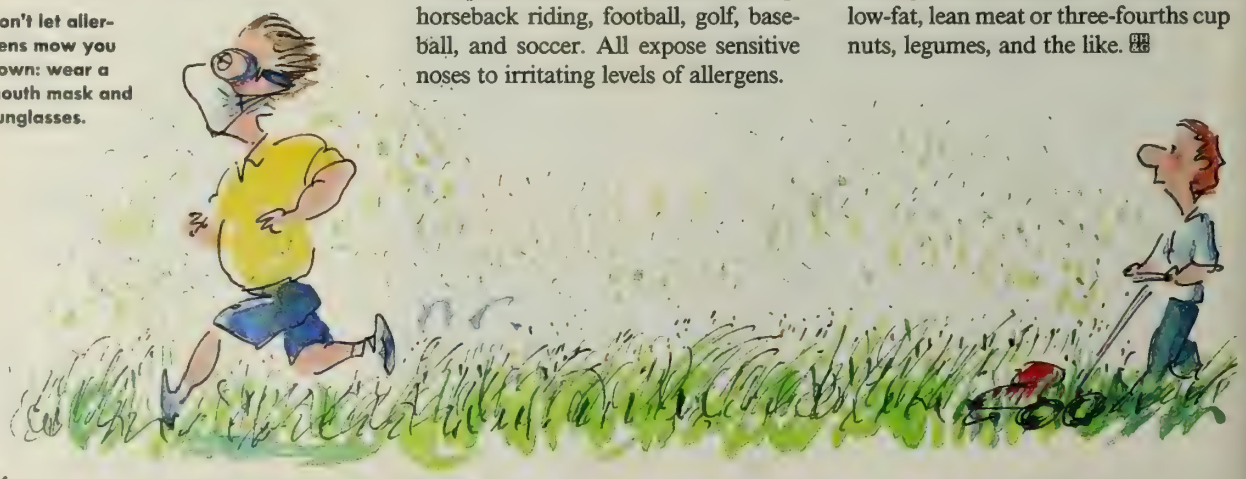
For more information about allergies, and to order a free copy of the brochure "How To Be A Good Sport . . .With Allergies," call the Allergy Information Center and Hotline 24 hours a day at 800/727-5400.

EAT THE RIGHT THINGS

A quick and easy diet for fitness-minded folks

Plenty of just-do-it types know exercise but not nutrition. Here's a healthful, high-energy diet for moderate exercisers developed by the National Academy of Sciences.

- Bread and cereal, six or more servings daily. A bread slice or ½ cup of cereal is considered one serving.
- Fruits and vegetables, five or more servings daily. An apple, for example, or a half cup of a cooked vegetable makes one serving.
- Low-fat dairy products, two servings. A glass of milk or 1 ounce of cheese equals one serving.
- Meat or alternatives, two or three servings. One serving is 3 ounces of low-fat, lean meat or three-fourths cup nuts, legumes, and the like.



Don't let allergens mow you down: wear a mouth mask and sunglasses.

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"The Original 'In Disgrace'"

In full color on bone china
Shown smaller than actual diameter of 8¼ inches
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Now you can own a Victorian masterpiece... a Bradford Exchange recommendation



as an accident. The flower looked so beautiful and smelled weet. She just wanted to take a closer look. But so did her ne companion. Now they both stand in the corner – in race.

The Original 'In Disgrace'," created by Charles Burton Barone of Victorian England's most acclaimed artists, is reated in a fine bone china collector's plate from Royal Doulton. It's available now – and it looks like a smart buy. Here's y it's a Bradford Exchange recommendation:

The Original 'In Disgrace'" is an important first issue, the first e in the *Victorian Childhood* collection from Royal Doulton.

's an impressive work of art, created from an original ck by artist Charles Burton Barber. Attesting to its portance, each plate is hand-numbered and accompanied a Certificate of Authenticity.

The Original 'In Disgrace'" has the potential to appreciate alue, because the edition is limited to a maximum of 150 ng days. Once the edition closes, collectors' demand could eed the supply of plates and force asking prices up.

Bradford Exchange—picking winners since 1973. Worldle, limited-edition plates are the *only* collectibles traded on organized exchange. And with headquarters in the United States and offices in twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1973, you would have bought "Colette and Child," the first issue in the Royal Doulton *Mother and Child* series, at $40.00 – a plate that last traded at $160.00.* More recently, if you had acquired "Brotherly Love," an exceptional childrens' theme plate from Pemberton & Oakes *Special Moments* series, you would now own a plate that last traded at more than three times its 1988 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "The Original 'In Disgrace'" as one of the year's top prospects...and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "The Original 'In Disgrace'" at its $29.00 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "The Original 'In Disgrace'" is now, *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, Vol. IV-2.

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Within one full year after you receive your plate, you may return it to us if for any reason you are not completely satisfied. We will issue you a refund for everything you have paid, including postage.

CUTTING THE FAT FROM YOUR SUMMER FAVORITES

Toss the potato salad, light the grill, and stir up the sundae toppings. Wouldn't it be great to indulge in your favorite summer dishes, only to find that they're low in fat, too?

With help from the *Better Homes and Gardens®* Test Kitchen, you can cut the fat from your best-loved foods. It's easy when you follow some of our lean cooking hints for meats, salads, and summer desserts. Even better news—these revamped summer favorites really do taste delicious. Cook up some of our recipe makeovers and see for yourself.



SLIMMER SUMMER SALADS

Before you feel smug about all the salads on your picnic plate, think again. Those creamy concoctions may be high in fat and calories. Some salads with creamy or high-oil dressings can have more than 20 grams of fat per serving—more than a slice of apple pie! To cut the fat:

1. Use 1 part oil to 1 part vinegar for vinaigrette dressings. If that's too tangy for your taste, use less vinegar and add water to make up the difference. Or, stir in a little sugar to cut any sharpness.

2. For creamy dressings, substitute low-fat dairy products (such as nonfat sour cream, nonfat mayonnaise or salad dressing, buttermilk, or plain yogurt) for all or some of the sour cream, mayonnaise, or salad dressing.

3. Blend ricotta cheese or tofu (bean curd) for a creamy dressing alternative. Both are terrific low-fat sources of protein, so they are perfect for main-dish salads, too.

4. Go easy on nuts, egg yolks, avocados, olives, sausage, bacon, rich cheeses, and other high-fat ingredients. It's OK to use them, but think of them as salad flavorings, rather than as main ingredients.

5. To add body to salad dressings, puree fruits or cooked vegetables and substitute them for oil in the dressing.



IT'S-NO-YOLK POTATO SALAD

Our lean approach: *Leave out the egg yolks and stir together yogurt and nonfat mayonnaise for the dressing.*

Summer makeover (per serving): *95 cal., 0 g fat, 1 mg chol.*

Original recipe (per serving): *278 cal., 22 g fat, 151 mg chol.*

For dressing, in a large mixing bowl stir together ⅓ cup *nonfat mayonnaise* or *salad dressing,* ⅓ cup *plain low-fat yogurt,* 2 teaspoons *Dijon-style* or *prepared mustard,* ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.*

Remove the shells and the yolks from 3 *hard-cooked eggs;* reserve the yolks for another use. Discard the egg shells. Chop the egg whites.

To the yogurt mixture, add chopped egg whites; 2½ cups peeled, cubed, and cooked *potatoes* (3 medium); 1 stalk *celery,* thinly sliced; and ¼ cup sliced *green onion.* Toss gently to coat all of the ingredients. Cover and chill the salad for 6 to 24 hours. Makes 6 side-dish servings.

DESSERTS YOU DESERVE

With all the low-fat and fat-free frozen dairy desserts on the market, you know you can enjoy the cool creaminess of ice cream minus the fat. Embellish these rich-tasting frozen fancies with fresh fruits, fruit sauces, or the sleek take-off on hot fudge sauce given on *page 52.* Or, try these other deserving dessert ideas:

1. Substitute low-fat cream cheese, sour cream, or yogurt for regular cream cheese or sour cream in cheesecakes, puddings, parfaits, and dessert toppings.

2. Freeze juices (apple, orange, cranberry) into pops for snacking.

3. Bake a meringue crust (made with egg whites) rather than the traditional pastry crust. Fill it with fresh summer fruits and top each serving with vanilla yogurt instead of whipped cream.

4. Use evaporated skim milk (you'll find this product in the canned milk section of your supermarket) instead of light cream in baked custards and bread puddings.

continued on page 52

Let Them Eat Fat Free Fruit And Cake.



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Henceforth, there shall be Fat Free Fig Newtons for all people who desire delicious fat free snacks.

✻ I also proclaim that Fat Free Fig Newtons shall taste every bit as delicious as regular Fig Newtons.

✻ And for those who love Apple Newtons, there shall be Fat Free Apple Newtons too. ✻ From this day forward, let the enjoyment of Fat Free Newtons begin.

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CUTTING THE FAT

continued from page 50

5. When making crumb crusts for pies and other desserts, start with half of the margarine or butter called for in your recipe; add only as much fat as you need to moisten the crumbs.

6. Consider using unsweetened cocoa powder in place of unsweetened chocolate. (Figure that 3 tablespoons of unsweetened cocoa powder is equivalent to 1 ounce of chocolate.) If you're replacing either semisweet or milk chocolate, you may need to add a little sugar, too.



WHERE'S-THE-FAT CHOCOLATE SAUCE

Our lean approach: *When used in place of chocolate and cream, low-fat unsweetened cocoa powder and evaporated skim milk can taste really creamy, especially if they're thickened with cornstarch. Drizzle this rich sauce, warm or cool, over your favorite frozen dessert.*

Summer makeover (per Tbsp.): *47 cal., 0 g fat, 0 mg chol.*

Original recipe (per Tbsp.): *146 cal., 9 g fat, 3 mg chol.*

In a small saucepan stir together ¾ cup *sugar,* ⅓ cup *unsweetened cocoa powder,* and 4 teaspoons *cornstarch.* Add ⅔ cup *evaporated skim milk.* Cook and stir constantly over medium heat till sauce is thickened and bubbly. Cook and stir the sauce for 2 minutes more. Remove from the heat. Stir in 1 teaspoon *vanilla.*

Serve the sauce warm or cool. To serve, drizzle sauce onto ice milk, frozen yogurt, or angel food cake. Top with fresh fruit, such as strawberries, raspberries, peaches, and apricots. Makes about 1 cup sauce.

Note: You can refrigerate any remaining sauce, covered, for up to 1 week. Reheat, uncovered, in your microwave oven on 100% power (high) till warm. Allow 30 to 60 seconds for ¼ cup; ½ to 1½ minutes for ½ cup.

LOVE 'EM LEAN MEATS

That sizzle in your grill could be the fat dripping from your meat, especially if you're cooking ribs, well-marbled steaks, or burgers made with regular (80-percent lean) ground beef. Those fattier meats are fine to eat on occasion. But, for everyday eating, consider some of the following ideas:

1. At the meat counter in your grocery store, look for the leanest meat cuts available (see chart, lower right).

2. When grilling lean beef cuts, cook them to medium doneness. Overcooking lean beef causes it to become dry and tough. For a juicy steak, cook until it is just pink in the center.

3. When grilling pork, a little bit of pink in the center is OK too. (There is no danger of trichinosis at this doneness.) Overcooked pork also can become tough and less flavorful.

4. For burgers, choose a 90 or 95 percent lean ground beef, or combine beef with a lean ground poultry product. Cook these until well-done (no pink should remain in the center).

5. Remove the skin from poultry before or after cooking.

6. Using a sharp knife, trim off as much of the outside fat as you can from any raw meat.

7. Reduce or eliminate the oil from marinades and sauces. You can replace some or all of the oil with either fruit juice or water.

8. For food safety, be sure to use a clean plate to bring your cooked meat or chicken in from the grill, not the same plate you used for the raw meat.



SLICK CHICK 'N' BEEF BURGERS

Our lean approach: *Mix chicken with 90- to 95-percent lean beef and use egg white instead of a whole egg to hold the meat mixture together. Serve with low-fat condiments. If it's a cheeseburger you crave, top the hot patty with a slice of low-fat cheese.*

Summer makeover (per serving): *301 cal., 11 g fat, 63 mg chol.*

Original recipe (per serving): *351 cal., 14 g fat, 152 mg chol.*

In a medium mixing bowl combine 1 *egg white* and 1 tablespoon *Worcestershire sauce.* Stir in ⅓ cup *finely chopped, canned mushrooms;* ⅓ cup finely chopped *onion;* ¼ cup *rolled oats (regular* or *instant);* ¼ teaspoon *garlic salt;* and ⅛ teaspoon *pepper.* Add 8 ounces *extra-lean (90- to 95-percent) ground beef* and 8 ounces *lean ground chicken;* mix well.

Shape the meat mixture into four ¾-inch-thick patties. Grill the patties, uncovered, directly over *medium* coals about 15 minutes or till well-done, turning patties once during cooking. (Or, broil patties on the unheated rack of a broiler pan 4 to 5 inches from the heat about 15 minutes or till well-done, turning patties once.)

Serve the hot patties in 4 *whole wheat hamburger buns* (toasted, if desired) with your favorite condiments (such as lettuce, tomatoes, onion rings, mustard, catsup, or barbecue sauce). Makes 4 main-dish servings.

LEAN CUTS TO GRILL

For lean meat to throw on the coals, look no further than these low-fat cuts. Each has less than 7 grams of fat in every 3-ounce serving. These figures are for roasted, lean meat, trimmed of fat.

	Fat (g)
Beef	
Top loin steak	4.2
Top round steak	4.2
Eye of round steak	4.2
Top sirloin steak	6.1
Veal	
Top round	2.9
Arm steak	4.9
Loin chop	5.9
Rib chop	6.3
Pork	
Tenderloin	4.1
Boneless sirloin chop	5.7
Top loin chop	6.6
Center loin chop	6.9
Lamb	
Leg	6.6
Chicken	
Breast, skinless	3
Turkey	
Breast, skinless	3
Thigh, skinless	6

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You just read all there is to know about our salad dressing.

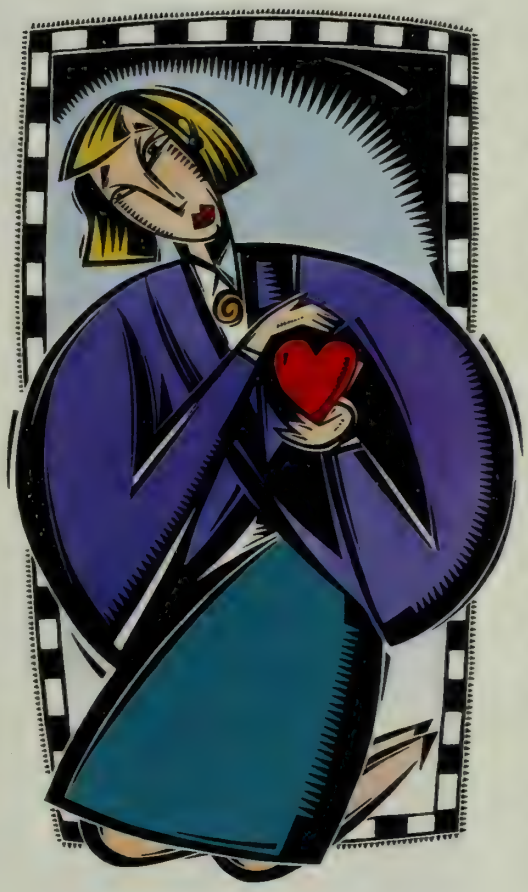
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WOMEN AND HEART DISEASE
Chances are, you're going to have to save yourself



Shirley Cohen is lucky to be alive. She survived, barely, a fall through a gaping crack in the medical system.

Like thousands of middle-aged women, Shirley frequently experienced a gripping pain in her chest. Her doctor dismissed her complaints as hypochondria. With his index finger, he'd point to his temple and say, "You're fine, Shirley. It's all in your head."

Nevertheless, Shirley feared her existing heart problem was getting worse. But she didn't like to press the issue with her doctor, who also treated her for diabetes. "He made me feel like a pest every time I visited his office," she recalls. "I was intimidated."

One day she got up the nerve to confront him. And he became very angry. "Stop being such a baby," he snapped to his 57-year-old patient. "You know, there are people a lot sicker than you."

Several years after her initial complaints, Shirley had a heart attack and nearly died during emergency surgery. Today, partially disabled, she's been forced into early retirement.

"I should have been treated more aggressively in the beginning," she says. "I really feel that because I'm a woman, I got the short end of the stick."

A silent epidemic. Each year, about 512,000 Americans die of heart attacks—244,000 of them women. Half of all women eventually develop some form of heart disease. Yet, there's a widespread perception that this is largely a man's problem, a myth even the medical community hasn't totally abandoned. Consider this:

- Several studies point to a so-called "sex bias" in cardiology. Female heart patients do not have equal access to state-of-the-art treatments like cardiac catheterization (a method of diagnosing blockages of heart arteries) and coronary bypass surgery. Men with signs of heart trouble are referred for these procedures more often than women with the same condition.
- When women do get treatment, they're generally a lot sicker than their male counterparts. Women tend to have bypass surgery relatively late in the course of their illness—often on an emergency basis. Some researchers say this is one reason they're three times more likely than men to die on the operating table.
- A woman stands a greater chance than a man of dying within the year following her first heart attack. And, if she survives, her risk is higher than his of having a second attack.
- Black women are one and a half times more likely than white women to suffer fatal heart attacks. However, little is known about this racial predisposition.

In fact, there's a disturbing lack of information on all aspects of female heart disease. Doctors have a lot of practice treating men. But medical science lags behind "maybe a good decade" for women, says Richard M. Steingart, M.D., director of the cardiovascular training program at Winthrop-University Hospital in Mineola, New York.

The roots of the problem. In the past, researchers didn't devote enough attention to women. And only recently has the scope of female heart disease come to light. Early reports from the Framingham Heart Study, established in 1948, concluded that heart attacks were a much bigger threat for men than women. But this was only in a middle-aged population. As the years went by, and the study group became older, it became apparent that women had a lot to worry about.

Heart attacks usually don't strike until a woman is over 65—on the average 10 to 15 years later than when they hit men. But younger women with certain risk factors are also in danger. Smoking, diabetes, hyperten-

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SEPARATE AND UNEQUAL

Compared to men, women:

- **Stand a greater chance of dying within a year of a first heart attack**
- **Are less likely to get some state-of-the-art treatments**
- **Tend to be sicker than men when they do get treatment**
- **Are three times more likely to die during heart surgery.**

WOMEN'S HEART DISEASE

continued from page 54

sion, family history, high cholesterol, and high blood pressure can set the stage for premature heart disease.

Research on men, explains Dr. Steingart, cannot automatically be applied to women. One important distinction between the sexes is the "female" hormone estrogen and its possible role in preventing heart attacks. "We need to know more about the risk and benefits of estrogen replacement therapy (ERT) after menopause."

"Men are not women. If you want answers about women, you study women," agrees Nanette Wenger, M.D., a cardiologist at Emory University Medical School in Atlanta. Since most female heart patients are elderly, she notes, they often have other ailments that may influence their outcome during surgery. How these other factors interact with heart disease remains open to study.

Both doctors say that important facts are missing on coronary bypass surgery in women. No one knows if its more judicious use in females is justified because of gender differences. And some cardiologists wonder if this inherently risky operation is performed too often in men. "Our goal is to treat just the right number of patients," says Dr. Steingart.

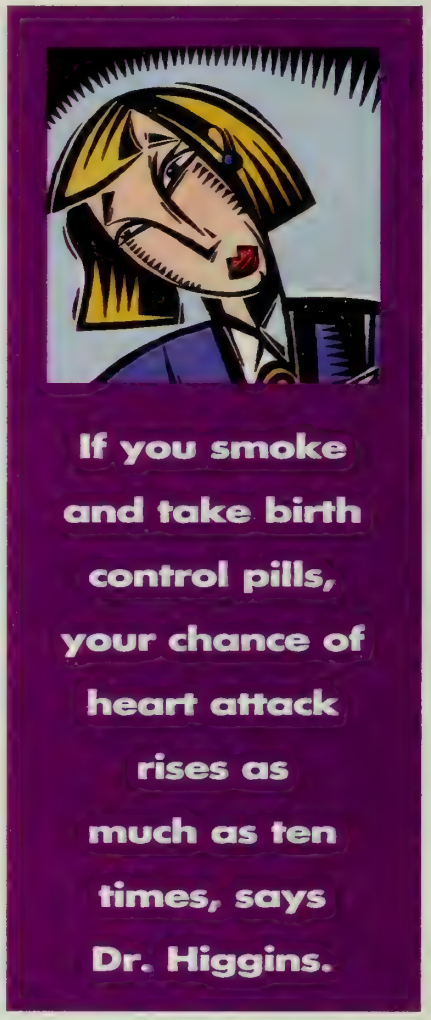
Also, there's the issue of whether women themselves are afraid to undergo invasive therapies. Or, are physicians reluctant to recommend bypass surgery for female patients, fearing they may not survive? Again, these topics cry out for exploration.

However, Dr. Steingart remains optimistic. The growing population of female cardiologists will undoubtedly generate positive changes, he feels. "As more women get involved in research," he predicts, "there will be more answers."

"Many of the deficiencies in the past have been recognized," says Millicent Higgins, M.D., associate director for epidemiology at the National Heart, Lung and Blood Institute. The elderly population has grown rapidly in recent decades, she points out. So, today, heart disease in women is more of an issue than it ever was.

Moving forward. Progress is being made on several fronts, says Dr. Higgins, including the recently launched Women's Health Initiative, commissioned by the National Institutes of Health. This $500 million study will address how heart disease, osteoporosis, breast cancer, and colon cancer affect older women and minorities.

Nevertheless, unraveling some of cardiology's most pressing questions is years away. "We are trying to get as much information as possible," explains Dr. Wenger, adding, "You don't get this information overnight. It will require some time."



WHAT YOU CAN DO

Women need not wait for research breakthroughs, though. It's well established that the same events leading to heart attacks in men take their toll on females. And women have added considerations that influence their risks, such as menopause and use of oral contraceptives.

In the past, prevention campaigns didn't effectively target women. It's now clear that everyone should adopt a lifestyle that's kind to their hearts. And these measures should begin in childhood. Here's how to protect yourself against the number one killer of women:

1. Consider your family history. You're more prone to heart disease if either parent developed it at a young age. Obviously, you can't change your genetic makeup. But you need to minimize other unhealthy influences. Having multiple cardiac risk factors is dangerous, as one reinforces the severity of another.

2. Stop smoking. In both sexes, cigarettes are a major contributor to heart disease and stroke, the causes of many cases of sudden death in women under 50. If you smoke and take birth control pills, your chance of heart attack rises as much as ten times, says Dr. Higgins.

Unfortunately, teenage girls continue to take up the habit in alarming numbers. "The medical community has made major errors in not warning young women about smoking and heart disease," says Dr. Wenger. "We lost 20 years in that regard."

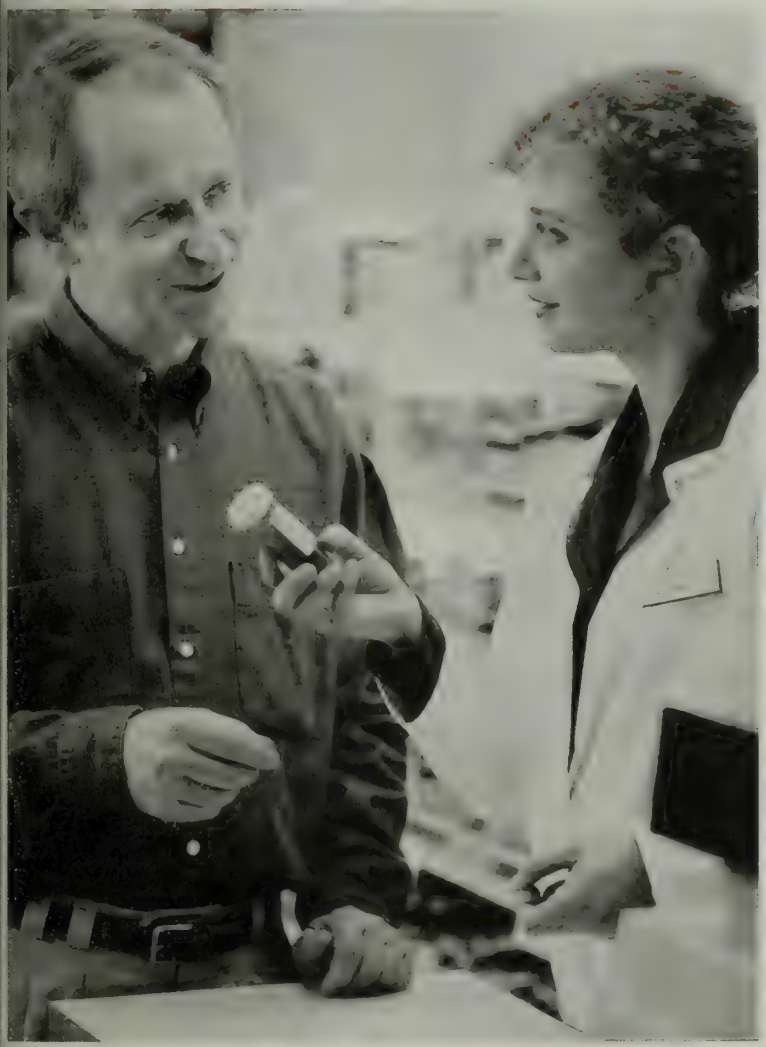
3. Control hypertension. High blood pressure raises your risk of both heart attack and stroke. More than half of all women over 55 have hypertension, a figure that jumps to nearly 70 percent for women over 65. For reasons that aren't clear, Black women run an increased risk of developing this condition. Hypertension often develops without symptoms, so it's important to have regular checkups.

4. Curb your cholesterol. Young women have high levels of HDL cholesterol, which protects against heart disease, and low levels of the "bad" LDL cholesterol. After menopause, a woman's LDL cholesterol and total cholesterol levels rise. In fact, on average, postmenopausal women have higher blood levels of these worrisome chemicals than men of the same age.

The American Heart Association recommends maintaining total cholesterol levels at 200 or less. But it's not clear if

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WOMEN'S HEART DISEASE

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that's the best advice for women, who have different cholesterol profiles than men. "I think in the years to come, the precise nature of interaction between HDL and total cholesterol will be much more understood," says Dr. Steingart. For now, stick with established guidelines and eat a diet low in cholesterol and saturated fats.

5. Watch your weight. Obesity helps create other risk factors, such as hypertension, diabetes, and high cholesterol. In women, fat that settles in the waistline is more dangerous than weight on hips and thighs. Physical activity brings about beneficial changes in weight and cholesterol levels. However, check with your doctor before starting an exercise program.

Also beware of yo-yo diet patterns, notes Dr. Higgins. Some researchers feel that repeated cycles of weight loss and gain are harder on the body than moderate, but steady, obesity. Better yet, try to short-circuit weight gain altogether by adopting sound nutrition and exercise patterns early in life.

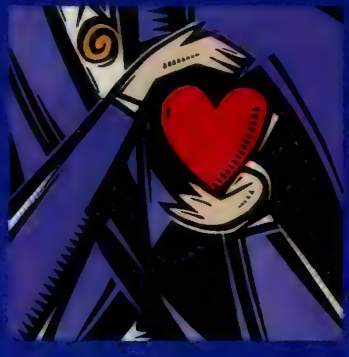
6. Prevent diabetes. Women with adult-onset diabetes face a sixfold increase in their expected incidence of heart attack, according to new research. And their likelihood of stroke rises four times above normal. The good news is that much adult-onset diabetes is linked to obesity. Losing weight greatly reduces this serious health threat.

7. Discuss menopause with your doctor. During menopause, women begin to lose their inborn protection against heart attacks, primarily the estrogen produced by the body before menopause. Surgical removal of the ovaries—commonly done during a hysterectomy—also brings about this reduction in estrogen. If performed before normal menopause age, removal of the ovaries puts you at greater risk of premature heart disease, according to Dr. Wenger.

It's still not clear if removal of the uterus alone is another risk factor, and reports are conflicting. In the United States, approximately 541,000 women have hysterectomies each year. "It's an area ripe for investigation," says Dr. Wenger.

Depending upon your history, you might want to discuss estrogen replacement therapy (ERT) with your physician. Taking estrogen, however, slightly increases your likelihood of uterine and possibly breast cancer. Researchers are sorting out the best doses to optimize the risk/benefit ratio, according to Dr. Steingart. "This is a very exciting prospect," he adds. "I think accumulating evidence shows ERT will reduce the incidence of heart disease in women."

"Sometimes, having a patient say to you, 'Doctor, could it be my heart?' is a useful reminder," says Dr. Steingart.



8. Try aspirin therapy? Small doses of aspirin can cut the risk of heart attacks in men. Preliminary evidence from the Nurse's Health Study shows it probably has the same effect on females. But Dr. Wenger says to wait before starting aspirin therapy on your own. "It's not a completely benign medication," she says. "We need a controlled study to say if it's appropriate as preventive therapy."

For now, Shirley Cohen is trying to spread the word that heart disease in women is not to be treated lightly. "If I can help even one person, I feel I've done my part."

LOOKING FOR DR. GOODCARE

Medical science is making great strides in treating female heart patients. But there's a lot of catching up to do. It's still not unusual for a woman to see several doctors before hitting upon the right diagnosis.

"I think until the consciousness of all parties is raised, a woman should be in a position to advocate that her symptoms could be in her heart," says Dr. Steingart.

Also, women should feel comfortable bringing concerns to their physician's attention. "Sometimes, having a patient say to you, 'Doctor, could it be my heart?' is a useful reminder," says Dr. Steingart. "You can't diagnose something unless you suspect it."

The apparent "sex bias" in cardiology is compounded by the fact that female heart disease is often hard to detect, especially at younger ages. Heart disease still strikes more men than women, who usually develop it later in life. In medicine, explains Dr. Steingart, the more rare a disorder is in a given group, the less accurate diagnostic tests appear.

Chest pain, or any discomfort above the diaphragm, is one of the first signs of trouble. Until fairly recently, doctors considered this a "benign" symptom in women. That may be partly true for younger women without additional risk factors. But it's often an ominous event in older women. Other warning signs of heart disease are shortness of breath, fatigue, and light-headedness.

Patients advised to have heart surgery should "automatically" get a second opinion from a doctor who doesn't work with their regular physician, advises Dr. Steingart.

You'll want to find a board-certified cardiothoracic surgeon, preferably one affiliated with a university hospital. He or she should do the procedure regularly, with a low operative mortality rate.

Ideally, though, prevention is your best approach to heart disease. "When you start talking about bypass surgery, unfortunately, patients are at a relatively advanced stage of their disease," says Dr. Steingart. "What we have to somehow do is maximize preventive therapies."



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BY AMY ROFFMAN NEW

PAIN RELIEF NOW! What to do when it hurts



Pain helps when it signals injury, but after that we can live without it. Here's a step-by-step approach to handling pain, starting with simple remedies and proceeding to state of the art treatment for severe, chronic pain.

First steps. For minor aches and pains, over-the-counter pain relievers may be all you need. There are three basic ingredients to look for:

- Acetaminophen. An effective pain reliever, unless inflammation and swelling are the culprits. It is less likely to upset your stomach than aspirin or ibuprofen.
- Ibuprofen. Like aspirin, this drug quells inflammation. It comes highly recommended for menstrual pain and muscle aches, but can cause stomach upset.
- Aspirin. This remains a good choice for relief, especially if inflammation and swelling are present. Aspirin's main drawback lies in its potential for stomach irritation in some people.

All three of these pain relievers will work on most pain and fever. But don't let their easy availability fool you: misuse can be hazardous to your health.

Aspirin and ibuprofen are generally off-limits for folks with ulcers or other stomach problems. Also avoid aspirin if you have any disorder that affects your blood's clotting function. Don't give aspirin to a child under 18; under some circumstances, aspirin use by children leads to a dangerous condition known as Reye's Syndrome.

If you find yourself taking any pain reliever for more than two weeks, get your doctor's OK before continuing.

Heavier hitters. For more severe pain, doctors can pull more powerful drugs out of their prescription bag. Among the most widely used are nonsteroidal anti-inflammatory drugs (NSAIDs). Common brand names are Voltarin, Feldene, and a new NSAID, Lodine.

Still more powerful are the drugs known as opioids (narcotics). These drugs keep the brain from accepting pain signals. Codeine and morphine are among the many drugs in this category. With improper use, these drugs can be addictive, but that shouldn't stop legitimate sufferers of pain from using them under a doctor's care.

"We're in the midst of a revolution to say no to drugs," says John Leibeskind, Ph.D., past president of the American Pain Society. "But we must also realize the benefits of opiate drugs for pain relief. The chances of becoming addicted when these drugs are used properly is minuscule."

TENS, or "transcutaneous electrical nerve stimulation," is a device that sends pulses of electrical current through the skin to block pain signals. While TENS has been around for a long time, small battery-powered units arrived only in the last five years.

According to Richard Sternbach, Ph.D., director of the Pain Clinic at Scripps Clinic, TENS is very similar to acupuncture in the treatment of pain. Both stimulate the nerves to block pain, but TENS is more convenient and doesn't involve breaking the skin.

TENS doesn't work for everyone—it isn't recommended for pregnant women or people with pacemakers—but may be worth a try for chronic pain sufferers. There are generally no side effects, except for occasional skin irritation which disappears soon after use.

Manipulation. Chiropractors and osteopathic physicians have used manipulation of the body for years to relieve pain. Within the past five years, this technique has gained acceptance within other parts of the medical community. Now, physical therapists, orthopedic surgeons, and nurses use these techniques to relieve musculoskeletal pain, says Laura Hitchcock, Ph.D., director of the National Chronic Pain Outreach Association (NCPOA) in Bethesda, Maryland.

Relaxation techniques. Hypnosis, guided imagery, controlled breathing, and stretching are examples of the many relaxation techniques used to control pain. Often, chronic pain causes physical tension. In turn, tension works to create more pain. Relaxation techniques may not completely conquer pain, but they can help reduce it.

"When muscles are tense and tight, there is a lot of electricity and it's painful," says E. Richard Blonsky, M.D., director of the Center for Pain Studies at the Rehabilitation Institute of Chicago. "When you learn how to relax, those

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FEVER
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PAIN RELIEF NOW!

continued from page 60

electrical impulses go way down." If you've ever had a headache made worse by job or family pressures, or soothed by time spent alone, you understand how this works.

Biofeedback is a special form of relaxation technique. By monitoring your own signs of stress, you may be able to learn to control them, and the pain they cause. Under the right conditions, your mind can control many of the biological functions that influence pain. This monitoring and control teaches you to relieve your pain mentally.

"These are not just mind tricks," stresses Dr. Blonsky, "patients can control the ways their bodies react."

Initially, patients are hooked up to monitoring equipment to record fingertip temperature or electrical activity in their muscles. The equipment provides immediate information on the patient's response to various movements, deep-breathing exercises, or other pain-control techniques. Once those responses have been determined, patients can use the information to change their behavior to relieve tension when pain starts.

Surgery. For a number of years, some chronic pain conditions were corrected by cutting the nerve fibers that carried pain messages. While surgery may still be a good idea for some pain, it is a last resort.

That's because destroying nerves can lead to loss of sensation, and may not always correct the pain problem. Better to investigate all other therapy options first, says Dr. Liebeskind of the American Pain Society.

WHAT'S NEW IN PAIN RELIEF

Drug news. Doctors are beginning to use drug patches to deliver pain medications. Available by prescription only, these patches are applied to an out-of-the-way area of the skin. The drug on the patch soaks slowly through the skin continuously for about three days—forget worrying that you're forgetting a dose.

There is also a new inflammation-fighting drug called Toradol. According to Dr. Sternbach, this drug can be as effective as morphine when injected, and is gaining use for cancer and postoperative pain.

Patient-controlled analgesia. PCA means offering the patient partial responsibility for his or her use of pain relievers. The new development in PCA is the use of computerized intravenous equipment. According to Michael Ferrante, M.D., chief of the Pain Management Center at Brigham and Women's Hospital, PCA is most appropriate for cancer pain and postoperative pain.

Here's how it works: Pain-relieving drugs are placed in the IV unit. A nurse or doctor sets the computerized machinery for the maximum dosage for the individual patient. The IV is started, and when medication is needed, the patient can push a button to get a dose. The computer regulates the amount of medication that can be dispensed at one time, and locks up when the maximum dose is reached.

The biggest advantage to PCA is that it gives the patient steady pain control. Traditional methods provide the maximum relief soon after a shot is given, then drop off to a less comfortable period. With PCA, patients can avoid the hills and valleys of waiting for more medication.

Early reports on PCA indicated that patients were using less drugs than with traditional methods. Dr. Ferrante indicates that that is not necessarily the case. Because of the "high points" of injections, patients were traditionally given too little medication to control pain. PCA now gives patients as much as they truly need on a slow but steady pace.

Pain psychology. If you have suffered from chronic pain, don't be surprised when your doctor suggests seeing a therapist. "Counseling is designed to help people carry on despite having pain," says Dr. Sternbach.

Long-term pain is likely to make you more than a little cranky. Psychological support services teach patients how to stop concentrating on the pain. Counselors may suggest anything from self-hypnosis to distracting your mind with activities.

But don't think your doctor is suggesting that your pain isn't real. "We use the same techniques on people who have real cancer pain," says Dr. Sternbach, so it's foolish to be insulted by the suggestion of counseling.

Chronic pain often leads to depression, says the NCPOA's Hitchcock. Therefore, the group also recommends that chronic-pain sufferers contact a support group.

The NCPOA maintains a list of chronic-pain support groups and provides referrals to pain specialists. For a free information packet, call 301/652-4948 or write: NCPOA 7979 Old Georgetown Road, Suite 100, Bethesda, MD 20814-2429. Memberships cost $25; nonmembers can get a list of specialists in their area for $5.

Pain clinics. If you and your doctor can't find relief for your pain, ask for a referral to a pain clinic. Most pain clinics start by reviewing your existing medical records. When results are not available or current, diagnostic tests—such as CAT scans, blood tests, and X rays—may be performed.

Many pain clinics have both in-patient and out-patient facilities. Programs include psychological services such as support groups, and counseling and physical therapy services such as manipulation and rehabilitation therapy. Some clinics also offer vocational counseling for patients whose pain keeps them from working.

According to Dr. Blonsky, the role of pain clinics is not to end pain, but to help patients manage it. Pain clinics' most important roles are teaching patients to control their pain and avoid painful situations.

WHEN TO SEEK HELP

Pain comes in two varieties, and the type you experience influences when you should see a doctor.

- **Acute pain follows a harmful stimulus like a burn or a cut. Generally, acute pain fades once the cause is removed. See a doctor for unexplained acute pain, such as chest or abdominal pain. Acute pain that remains severe after a blow or cut should also be evaluated to rule out broken bones or infection.**
- **Chronic pain is defined as "daily or recurrent pain that has not gone away after six months," according to Laura Hitchcock, Ph.D., director of the National Chronic Pain Outreach Association. Headache, back pain, and arthritis are its most common causes. According to Hitchcock, you should see your doctor if pain is disrupting your life—keeping you from normal interaction with your co-workers, friends, or family.**

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



BREAKFAST!

It's not just for kids anymore

Most of us routinely tell our children to eat their breakfast. But have you told your parents lately? A new study of 680 elderly Bostonians reveals big benefits for seniors who fill up on typical breakfast fare—cereal, milk, and fruit. In contrast, heavy eaters of meat and potatoes are missing out on important nutrients.

Researchers from the Human Nutrition Research Center on Aging, at Tufts University, divided their study group into four groups. Each group was above average in consumption of a particular type of food (without regard to when it was eaten).

The heavy eaters of breakfast-type foods had a higher intake of important vitamins and minerals and the best overall nutrition. In contrast, the meat and potatoes group had a lower intake of most vitamins and minerals.

In the middle were those who ate a lot of bread and poultry. This group took in the fewest calories, but, ironically, were also the heaviest.

One last group, higher consumers of alcohol, had lower levels of two B vitamins, but the highest levels of HDL cholesterol, the so-called "good" cholesterol thought to protect the body against heart disease.

WHEN SECONDS COUNT, DIAL

Don't delay with stroke symptoms

Your odds of getting prompt treatment for strokes rise markedly when you call 911 (or your local emergency number). State-of-the-art treatments work best when given soon after symptoms start. Minutes can make a critical difference.

Stroke patients were studied by William Barsan, M.D., and investigators at the University of Cincinnati, University of Virginia, and Cornell University. Their findings underscore the importance of calling your local emergency number. Dr. Barsan found that patients who arranged their own transportation to the hospital arrived an average of 414 minutes after their symptoms began. Those who first phoned their physician arrived 603 minutes after. In contrast, patients who dialed 911 got to the hospital an average of 205 minutes after onset of symptoms.

Time is critical to recovery. During a stroke, blood flow to portions of the brain are reduced or cut off; each minute's delay means death of more brain cells.

The most common symptoms of stroke are:

- Sudden weakness or numbness on one side of the face, or in one arm or leg
- Sudden dimming or loss of vision, especially in only one eye
- Loss of speech, or difficulty in talking or understanding speech
- Sudden severe headaches with no apparent cause
- Unexplained dizziness, unsteadiness, or falls, especially with any of the symptoms listed above.

HELP FOR NAIL BITERS

Drug aids in serious cases

For most of us, nail biting is little more than a nervous habit. For others, though, the practice is constant and compulsive. In some instances, the practice can lead to serious infections as well as mental distress.

A new study offers a ray of hope for these people. Sponsored by the National Institute of Mental Health, the research suggests that an antidepression drug, clomipramine, can help at least some of these worst cases.

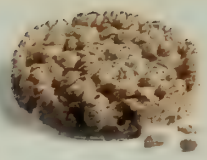
Henrietta L. Leonard, M.D., and her coworkers used two drugs in the study. Some of the 25 test subjects received desipramine, while others got

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HEALTH UPDATE

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the clomipramine. Over half of the 14 subjects who stayed in the study for the full 10 weeks showed improvement on clomipramine. Two stopped biting altogether, and another seven reported at least a 30 percent decline in biting incidents. The researchers found no improvement in the group using desipramine.

If your nail biting is wrecking your life, get help from a psychiatrist or other mental health professional. Even if drug therapy isn't right for you, other treatments can help.

A HAZARDOUS LEGACY

A sleep disorder that can be inherited

Raucous, ripsnorting snoring can be deadly—and we're not talking about spousal revenge. Loud, off-and-on snoring is a sign of obstructive sleep apnea. This illness, in which a sleeper regularly stops breathing, leaves some victims so groggy that they risk falling asleep while driving. Apnea has also been linked to potentially deadly disturbances of heart rhythm.

Now, researchers have found that the problem can be passed along to one's children.

Study leader Susan Redline, M.D., assistant professor of medicine at Case Western Reserve University in Cleveland, estimates that 8 to 12 percent of older Americans suffer at least some

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If you would like a large, easy-to-read version of the information below, call 1-800-3M-ANSWERS (1-800-362-67

MINITRAN
(nitroglycerin)
TRANSDERMAL DELIVERY SYSTEM

BRIEF SUMMARY

INDICATIONS AND USAGE

This drug product has been conditionally approved by the FDA for the prevention of angina pectoris due to coronary artery disease. Tolerance to t anti-anginal effects of nitrates (measured by exercise stress testing) has been shown to be a major factor limiting efficacy when transdermal nitrates are us continuously for longer than 12 hours each day. The development of tolerance can be altered (prevented or attenuated) by use of a noncontinuo (intermittent) dosing schedule with a nitrate-free interval of 10–12 hours.

Controlled clinical trial data suggest that the intermittent use of nitrates is associated with decreased exercise tolerance, in comparison to placebo, duri the last part of the nitrate-free interval; the clinical relevance of this observation is unknown, but the possibility of increased frequency or severity of angi during the nitrate-free interval should be considered. Further investigations of the tolerance phenomenon and best regimen are ongoing. A final evaluation the effectiveness of the product will be announced by the FDA.

CONTRAINDICATIONS: Allergic reactions to organic nitrates are extremely rare, but they do occur. Nitroglycerin is contraindicated in patients who are allerg it. Allergy to the adhesives used in nitroglycerin patches has also been reported, and it similarly constitutes a contraindication to the use of this prod **WARNINGS:** The benefits of transdermal nitroglycerin in patients with acute myocardial infarction or congestive heart failure have not been established. If elects to use nitroglycerin in these conditions, careful clinical or hemodynamic monitoring must be used to avoid the hazards of hypotension and tachycardi cardiovertor/defibrillator should not be discharged through a paddle electrode that overlies a MINITRAN patch. The arcing that may be seen in this situatio harmless in itself, but it may be associated with local current concentration that can cause damage to the paddles and burns to the patient. **PRECAUTIO** General: Severe hypotension, particularly with upright posture, may occur with even small doses of nitroglycerin. This drug should therefore be used with cau in patients who may be volume depleted or who, for whatever reason, are already hypotensive. Hypotension induced by nitroglycerin may be accompanie paradoxical bradycardia and increased angina pectoris. Nitrate therapy may aggravate the angina caused by hypertrophic cardiomyopathy. As tolerance to o forms of nitroglycerin develops, the effect of sublingual nitroglycerin on exercise tolerance, although still observable, is somewhat blunted. In industrial worl who have had long-term exposure to unknown (presumably high) doses of organic nitrates, tolerance clearly occurs. Chest pain, acute myocardial infarction, even sudden death have occurred during temporary withdrawal of nitrates from these workers, demonstrating the existence of true physical dependence. Sev clinical trials in patients with angina pectoris have evaluated nitroglycerin regimens which incorporated a 10–12 hour nitrate-free interval. In some of these tri an increase in the frequency of anginal attacks during the nitrate-free interval was observed in a small number of patients. In one trial, patients demonstr decreased exercise tolerance at the end of the nitrate-free interval. Hemodynamic rebound has been observed only rarely; on the other hand, few studies were designed that rebound, if it had occurred, would have been detected. The importance of these observations to the routine, clinical use of transdermal nitroglyc is unknown. **Information for Patients:** Daily headaches sometimes accompany treatment with nitroglycerin. In patients who get these headaches, the headac may be a marker of the activity of the drug. Patients should resist the temptation to avoid headaches by altering the schedule of their treatment with nitroglyce since loss of headache may be associated with simultaneous loss of anti-anginal efficacy. Treatment with nitroglycerin may be associated with lightheadedness standing, especially just after rising from a recumbent or seated position. This effect may be more frequent in patients who have also consumed alcohol. A normal use, there is enough residual nitroglycerin in discarded patches that they are a potential hazard to children and pets. A patient leaflet is supplied with systems. **Drug Interactions:** The vasodilating effects of nitroglycerin may be additive with those of other vasodilators. Alcohol, in particular, has been foun exhibit additive effects of this variety. **Carcinogenesis, Mutagenesis, and Impairment of Fertility:** No long-term animal studies have examined the carcinoge or mutagenic potential of nitroglycerin. Nitroglycerin's effect upon reproductive capacity is similarly unknown. **Pregnancy Category C:** Animal reproduct studies have not been conducted on nitroglycerin. It is also not known whether nitroglycerin can cause fetal harm when administered to a pregnant woma whether it can affect reproductive capacity. Nitroglycerin should be given to a pregnant woman only if clearly needed. **Nursing Mothers:** It is not known whet nitroglycerin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when nitroglycerin is administered t nursing woman. **Pediatric Use:** Safety and effectiveness in children have not been established. **ADVERSE REACTIONS:** Adverse reactions to nitroglycerin a generally dose-related, and almost all of these reactions are the result of nitroglycerin's activity as a vasodilator. Headache, which may be severe, is the m commonly reported side effect. Headache may be recurrent with each daily dose, especially at higher doses. Transient episodes of lightheadedness, occasionall related to blood pressure changes, may also occur. Hypotension occurs infrequently, but in some patients it may be severe enough to warrant discontinuation therapy. Syncope, crescendo angina, and rebound hypertension have been reported but are uncommon. Extremely rarely, ordinary doses of organic nitrates h caused methemoglobinemia in normal-seeming patients. Methemoglobinemia is so infrequent at these doses that further discussion of its diagnosis a treatment is deferred (see **Overdosage**). Application-site irritation may occur but is rarely severe. In two placebo-controlled trials of intermittent therapy w nitroglycerin patches at 0.2 to 0.8 mg/hr, the most frequent adverse reactions among 307 subjects were as follows:

	placebo	patch		placebo	pa
headache	18%	63%	hypotension and/or syncope	0%	4
lightheadedness	4%	6%	increased angina	2%	2

OVERDOSAGE: Hemodynamic Effects: The ill effects of nitroglycerin overdose are generally the results of nitroglycerin's capacity to induce vasodilatation, veno pooling, reduced cardiac output, and hypotension. These hemodynamic changes may have protean manifestations, including increased intracranial pressu with any or all of persistent throbbing headache, confusion, and moderate fever; vertigo; palpitations; visual disturbances; nausea and vomiting (possibly w colic and even bloody diarrhea); syncope (especially in the upright posture); air hunger and dyspnea, later followed by reduced ventilatory effort; diaphoresis, w the skin either flushed or cold and clammy; heart block and bradycardia; paralysis; coma; seizures; and death. Laboratory determinations of serum levels nitroglycerin and its metabolites are not widely available, and such determinations have, in any event, no established role in the management of nitroglyce overdose. No data are available to suggest physiological maneuvers (e.g., maneuvers to change the pH of the urine) that might accelerate elimination nitroglycerin and its active metabolites. Similarly, it is not known which – if any – of these substances can usefully be removed from the body by hemodialysis. specific antagonist to the vasodilator effects of nitroglycerin is known, and no intervention has been subject to controlled study as a therapy of nitroglyce overdose. Because the hypotension associated with nitroglycerin overdose is the result of venodilatation and arterial hypovolemia, prudent therapy in t situation should be directed toward increase in central fluid volume. Passive elevation of the patient's legs may be sufficient, but intravenous infusion of norm saline or similar fluid may also be necessary. The use of epinephrine or other arterial vasoconstrictors in this setting is likely to do more harm than good. In patie with renal disease or congestive heart failure, therapy resulting in central volume expansion is not without hazard. Treatment of nitroglycerin overdose in the patients may be subtle and difficult, and invasive monitoring may be required. **Methemoglobinemia:** Nitrate ions liberated during metabolism of nitroglycerin o oxidize hemoglobin into methemoglobin. Even in patients totally without cytochrome b_5 reductase activity, however, and even assuming that nitrate moieties nitroglycerin are quantitatively applied to oxidation of hemoglobin, about 1 mg/kg of nitroglycerin should be required before any of these patients manife clinically significant (≥10%) methemoglobinemia. In patients with normal reductase function, significant production of methemoglobin should require ev larger doses of nitroglycerin. In one study in which 36 patients received 2–4 weeks of continuous nitroglycerin therapy at 3.1 to 4.4 mg/hr, the averag methemoglobin level measured was 0.2%; this was comparable to that observed in parallel patients who received placebo. Notwithstanding these observation there are case reports of significant methemoglobinemia in association with moderate overdoses of organic nitrates. None of the affected patients had be thought to be unusually susceptible. Methemoglobin levels are available from most clinical laboratories. The diagnosis should be suspected in patients who exhib signs of impaired oxygen delivery despite adequate cardiac output and adequate arterial pO_2. Classically, methemoglobinemic blood is described as chocola brown, without color change on exposure to air. When methemoglobinemia is diagnosed, the treatment of choice is methylene blue, 1–2 mg/kg intravenous **DOSAGE AND ADMINISTRATION:** The suggested starting dose is between 0.2 mg/hr* and 0.4 mg/hr*. Doses between 0.4 mg/hr* and 0.8 mg/hr* have show continued effectiveness for 10–12 hours daily for at least one month (the longest period studied) of intermittent administration. Although the minimum nitrate-fr interval has not been defined, data show that a nitrate-free interval of 10–12 hours is sufficient. Thus, an appropriate dosing schedule for nitroglycerin patche would include a daily patch-on period of 12–14 hours and a daily patch-off period of 10–12 hours. Although some well-controlled clinical trials using exerci tolerance testing have shown maintenance of effectiveness when patches are worn continuously, the large majority of such controlled trials have shown t development of tolerance (i.e., complete loss of effect) within the first 24 hours after therapy was initiated. Dose adjustment, even to levels much higher tha generally used, did not restore efficacy. **STORAGE CONDITIONS:** Store at controlled room temperature 15°–30°C (59°–86°F). Extremes of temperature and humidity should be avoided. **CAUTION:** Federal law prohibits dispensing without prescription.

*Release rates were formerly described in terms of drug delivered per 24 hours. In these terms, the supplied MINITRAN systems would be rated at 2.5 mg/2 hours (0.1 mg/hr), 5 mg/24 hours (0.2 mg/hr), 10 mg/24 hours (0.4 mg/hr), and 15 mg/24 hours (0.6 mg/hr).

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Northridge, CA 91324 NTR-6BS JUNE 199

REFERENCES: 1. Hougham AJ, Hawkinson RW, Crowley JK, et al. *Clin Ther.* 1989;11(1):15–31. **2.** Pharmaceutical Data Services; Scottsdale, AZ: Jan 1992. Reta pricing may vary from community to community and may affect cost savings to the patient. Transderm-Nitro is a registered trademark of Ciba Pharmaceutical Co Nitro-Dur, of Key Pharmaceuticals, Inc.
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All transdermal nitroglycerin products are being marketed pending final evaluation of effectiveness by the FDA.

Please see adjacent page for summary of prescribing information.

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HEALTH UPDATE

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sleep apnea. Her investigation concluded that relatives of apnea sufferers are much more likely to experience the problem than the average person.

Other than loud, often-interrupted snoring, signs of the problem include:

- daytime drowsiness or irritability
- labored breathing or sudden gasps during sleep
- recurrent awakening.

Your risk of experiencing problems rises if you are male, overweight, or a heavy drinker.

Treatment ranges from losing weight and abstaining from alcohol to surgery for severe cases. Some patients find relief from a special machine that blows air into the throat through a nose mask while they sleep.

For more information, check the white pages of your phone book for a chapter of the American Lung Association. Ask for the pamphlet "Facts About Obstructive Sleep Apnea."

FAMILY—THE BEST MEDICINE

New studies prove the point

People, people who need people, are the luckiest—and maybe the healthiest—people in the world. Recent research reports reveal the healthy effects of relationships.

- At Duke University Medical Center, Redford B. Williams, M.D., studied 1,368 patients who had undergone a test for heart disease. Nine years later, regardless of heart condition, patients without a spouse or close friend were three times as likely to die within five years as patients with a spouse or confidant. The study team also discovered that low-income people—those earning less than $10,000 a year—had double the 5-year death risk of patients earning more than $40,000 annually. The researchers couldn't tell whether the difference was due to stress or lack of medical care.
- At the University of Buffalo, Maurizio Trevian, M.D., and his team unearthed a link between family size and



blood pressure. Blood pressure was lowest in men in large households. In women, household size wasn't as important as having a lot of siblings. The researchers suspect that women are more likely than men to stay in close touch with brothers and sisters. The conclusion: kin are good for your blood pressure. That's critical news because elevated blood pressure is a leading cause of heart disease.

GOOD NUTRITION FOR TWO

Free booklet for pregnant women

Did you know that a pregnant woman needs twice as much iron and vitamin D as other women? Or that pregnancy is *not* the time to cut back on salt without talking to your doctor? The facts surrounding these and other nutrition questions are contained in a free booklet sponsored by the March of Dimes and the International Food Information Council. To obtain a copy, send a self-addressed *mailing label* to: Healthy Eating During Pregnancy, P.O. Box 1144, Rockville, MD 20850.

BAD BREAK FOR SMOKERS

Habit hinders healing

People who smoke shouldn't break bones. New research indicates that their bones take longer to heal than those of nonsmokers. George Cierny III, M.D., reported on his group's study at a recent meeting of the American Academy of Orthopaedic Surgeons. The doctors speculate that lower blood oxygen levels in smokers may slow healing.

Dr. Cierny looked at a small group of patients who had a major operation on a leg bone. Smokers took the longest to heal; nonsmokers required the least time. Smokers who quit during the healing period mended faster than those who continued to smoke.

VACCINE UPDATE

Calling the (new) shot

For the first time, the American Academy of Pediatrics is recommending that all infants be immunized against hepatitis B. Hepatitis B can cause severe liver damage. Currently, about one million Americans are infected with the virus, which is transmitted by exposure to blood and blood products and via sexual activity.

The first dose of vaccine should be given upon discharge from the hospital; the second dose is due at 1–2 months, and the third dose at 6–8 months. Infants not receiving the vaccine at birth need to have three doses by 18 months of age.

Also encouraged: giving the vaccine to all unprotected adolescents and adults at risk for infection. Those include medical workers and others who come into contact with blood.

COFFEE GETS A BREAK

It won't hurt your heart

Drip coffee isn't the hazard to your heart once thought. So says new research by Roy E. Fried, M.D., of Johns-Hopkins Medical Institutions in Baltimore.

The new study confirms a slight rise in cholesterol among drinkers. But it's not enough to cause a problem, says Fried. And decaf shows no effect at all.

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All the elements of a great vacation—sun, sea, and delightful breezes—make summer hard on your complexion. This year, fight back with a preemptive strike against dry skin, athlete's foot, and the other little annoyances that can get under your skin.

SUNSHINE SAVVY

Nothing defines summer better than sunshine. Happily, you don't have to fret about the dangers of overdoing—notably skin cancer. Protect yourself from Old Sol by heeding your ABCs:

- A is for Avoiding midday sun. Enjoy a mint julep from the shade during the burning hours of 11 a.m. to 3 p.m. (daylight savings time).
- B is for Block—sun block, that is. Dermatologist Susan Perry says that most folks can get by with a sun block rated at 15, which stops 93 percent of the most harmful rays. If you're heading south, and are winter pale, consider a sun block with a higher rating.
- C is for Covering-up. A hat and T-shirt will protect you when you're out and about. Ears, in particular, rarely get the protection they need.

Minding your A's and B's. Until recently, the sun protection factor (SPF) number was all you needed to know about sun blocks. Today, several products claim to protect against UVA rays, as well as the UVB rays blocked by conventional products. Dr. Perry points out that although UVA rays aren't as damaging as UVB rays, they still add to the risk of skin cancer and contribute to wrinkling.

"The most important thing is to find a product rated 15 or higher you like and will use," she concludes.

Drugs and sun. Are you taking a prescription medication? Ask your pharmacist or doctor if you need to take special care in the sun. Many common medicines can turn up your sun sensitivity. Even a brief session in the sun could result in a nasty burn. The most common types of offending medications are:

- high blood pressure drugs
- heart rhythm pills
- diabetes medicines (but not insulin)
- birth control pills
- sulfa and tetracycline antibiotics
- doxycycline, which is sometimes given for traveler's diarrhea.

Using a sun block can prevent or minimize reactions.

Feeling the burn? If you've been at the beach for a while before reading this article, you may want to pay special attention now. Here's how to quell a sunburn. Start with any cooling lotion, cool compresses, or a cool bath. Use a moisturizing lotion to minimize skin tightness. If blisters appear, don't pop them, warns Dr. Perry. Instead, as they break naturally, apply an over-the-counter antiseptic like Neosporin or Polysporin. Then cover with a gauze pad and tape if the area is likely to get dirty.

THE FUNGUS AMONGUS

Few skin problems are as persistent—and agonizing—as athlete's foot. This fungus infection can hang on for months, and leave your poor dogs rubbed raw. That's why prevention is the only policy to follow.

Here's what Jack L. Lesher, M.D., a renowned authority on the problem, recommends:

Practice good foot hygiene. That means keeping the feet as dry as possible and using a medicated foot powder each morning. Change your footwear and socks daily, and dry your feet well after bathing.

If possible, avoid public showers. Otherwise, wear rubber thongs to minimize contact with shower floors. (Bear in mind, though, that your own shower can also be a source of recurring infections.)

When symptoms do arise—burning, itching, and redness, often worst between toes—start treatment right away. (Check with your doctor if you have any doubts about whether it is indeed athlete's foot.) For mild to moderate cases, an over-the-counter product containing miconazole or clotrimazole should work fine. But follow the instructions to the letter—to beat athlete's foot you have to be as persistent as the fungus is.

When relief doesn't come within

continued on page 72



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SUMMERTIME SKIN CARE

continued from page 70

seven to 10 days, check with your doctor. Stronger medicine may be what's needed. Left untreated, severe cases can lead to serious infections.

A PRICKLY PROBLEM

Babies aren't the only ones who get prickly heat. This summertime rash strikes adults as well. But in both instances, the problem is more an annoyance than a threat to your health.

Prickly heat is caused by blockage of sweat ducts, explains pediatric dermatologist Mary Spraker, M.D., of Emory University in Atlanta. Usually, the rash is made up of little red bumps. Sometimes, it appears as tiny blisters filled with clear liquid. It is most common in skin fold areas (under the arm and between leg and groin, for example) and, in adults, on the back. Bare skin in contact with plastic upholstery seems to cause a lot of outbreaks in adults.

When unaccompanied by itching, prickly heat doesn't require treatment. The rash will usually subside by itself within a day or two. Staying cool is the best way to keep fresh rash from developing.

If itching accompanies the rash, Dr. Spraker recommends a cooling lotion, or a topical (applied to the skin) anesthetic like Pramagel or Prax, two new numbing agents.

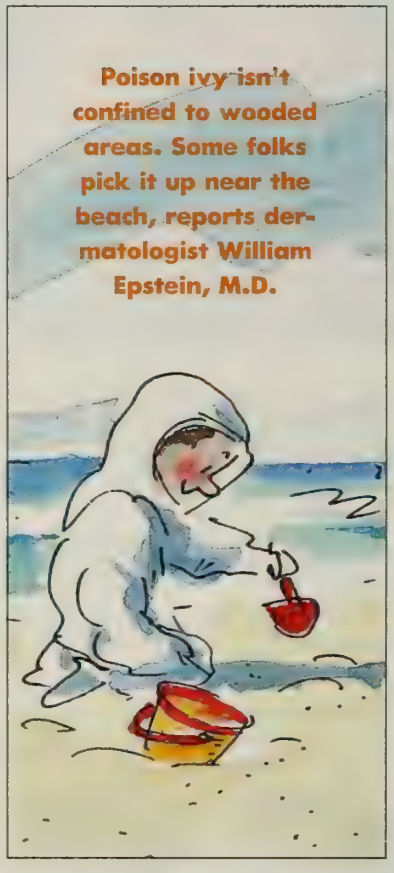
PRETTY POISON (IVY)

With its glossy triad of leaves and graceful vining habit, poison ivy makes a lovely addition to the landscape—*NOT!* This pit bull of the plant world—along with its relatives, poison oak and poison sumac—can nip you at the slightest touch. A day or two later, you're itchin' for a cure.

The active agent at work here is an oil that moves easily from plant to skin to pets to clothing to garden tools and to anything else you come into contact with. Highly sensitive people will notice the itchy rash within hours. Once you notice it, your only recourse is to treat the symptoms until the rash fades. That may take several days or a week or more.

Touch not, itch not. When it comes to poison ivy, an ounce of prevention is worth a pound of calamine lotion. William Epstein, M.D., a California dermatologist who has researched the subject, suggests first to avoid the plants that cause the trouble. A local park official or health department worker can show you what forms the plants take in your area. ("Leaflets three, let it be" is accurate for oak and ivy, not sumac, but all three resemble other common plants.) If you are highly sensitive, consider a mountain vacation; the plants don't usually grow above 4,000 feet.

Another prevention option is a barrier cream for the skin. Dr. Epstein recommends Stokogard Outdoor Cream. Although sticky and a bit smelly (at first), this product protects



all but the most sensitive skin. Stokogard is hard to find in pharmacies, but may be available at industrial supply houses serving outdoor workers.

If you do have unprotected contact with the plants, you can minimize the rash by getting the oil off your skin as soon as possible. Rinse in a nearby stream or, better yet, slosh on copious amounts of rubbing alcohol, then rinse the area thoroughly with water.

When all else fails and the rash appears, quell the itching with cool compresses or plain calamine lotion. See your doctor if the itching is intolerable or if the rash spreads to your face or groin. Individuals who have extreme reactions to poison ivy can reduce the severity of the rash by getting a steroid shot within six hours of contact. Dr. Epstein notes that you'll need to develop a relationship with a dermatologist or family doctor because few will offer the injections to someone who isn't showing symptoms.

HOW DRY I'M NOT

Vistors to the rain forest may worry about snakes and spiders, but dry skin needn't concern them. Warm, humid conditions keep skin soft and moist. But for those of us in drier climes, summer can leave our skin tight and dry. Sun, wind, shaving, and bathing—all contribute to the problem.

To prevent dry skin, says dermatologist Emil Tanghetti, M.D., find a moisturizing lotion that you like and use it regularly. Avoid harsh soaps; look for products touted as moisturizing. And instead of soaping up head to foot, use cleansers only under your arms and in the groin area.

Made in the shade. Sunshine damages skin and leaves it dry and leathery, especially after years of exposure. Consistent use of a sun block keeps damage to a minimum and stops dry skin and wrinkles before they can gain a toehold.

When looking for a moisturizing lotion or a sun block, personal preference can play a big role. Products called "noncomedogenic" have been tested and shown not to produce acne in most people. Fragrance-free products also are less likely to produce an allergic reaction, notes Dr. Tanghetti.

Gardeners take note. Among the most drying activities is gardening. Dr. Tanghetti reports that he sees a lot of gardeners who scrub dirt off their hands with harsh soaps, then suffer with sore skin. He suggests wearing gloves as the best dry skin preventer for these folks. If dirty hands are a problem, use a nonsoap cleaner or a lotion moisturizer to lift off the dirt, then wipe away the excess lotion with paper towels.

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Seldane-D®

The first medicine that lets you stay alert as it relieves sneezing, runny nose, itchy, watery eyes, *plus* stuffed-up nose caused by seasonal nasal allergies.

Seldane-D causes no more drowsiness than a placebo (a sugar pill).
In medical studies with hundreds of patients, there was no significant difference in drowsiness between those who took Seldane-D and those who took a sugar pill.

Why over-the-counter products often don't deliver the relief you need.
Antihistamines (like Benadryl®) can relieve some of your symptoms, but they can also make you drowsy. And while decongestants (like Sudafed®) don't make you drowsy, they can only relieve your stuffed-up nose.*

Seldane-D combines a nonsedating antihistamine with a decongestant for the first time.
The antihistamine in Seldane-D is the world's most prescribed nonsedating antihistamine.† The "D" in Seldane-D is the most preferred decongestant.‡ Just one tablet every 12 hours gives you relief around the clock without causing sedating side effects. Of course, your doctor is the person best qualified to tell you if Seldane-D is right for you.

Any prescription or over-the-counter decongestant may cause nervousness, dizziness, or significant levels of insomnia, and may not be appropriate if you have hypertension, diabetes, or glaucoma. Any medicines you are taking should be reported, too. So, talk to your doctor. It just may be worth it.

SELDANE-D®
(terfenadine 60 mg and pseudoephedrine HCl 120 mg)
EXTENDED-RELEASE TABLETS bid

*Source: *Physicians' Desk Reference for Nonprescription Drugs*®. Oradell, NJ: Medical Economics Company, Inc., 1991.
†Based upon worldwide prescription and distribution information (1986-1991). Data on file, Marion Merrell Dow Inc.
‡Based upon US prescription and distribution information on single-entity decongestants (1986-1991). Data on file, Marion Merrell Dow Inc.
Benadryl® is a registered trademark of Parke-Davis, Morris Plains, NJ. Sudafed® is a registered trademark of Burroughs Wellcome Co. Research Triangle Park, NC.
PLEASE SEE THE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON AN ADJACENT PAGE.

©1992, Marion Merrell Dow Inc.

BRIEF SUMMARY

Seldane-D©

(terfenadine and pseudoephedrine hydrochloride)
Extended-Release Tablets

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide and zinc stearate.

INDICATIONS AND USAGE

Seldane-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of Seldane (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired.

CONTRAINDICATIONS

Seldane-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly: The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General: Seldane-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine. Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g., hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. These events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for Patients: Patients should be questioned about pregnancy or lactation before starting Seldane-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be instructed to take Seldane-D only as needed and not to exceed the prescribed dose. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS): Monoamine oxidase (MAO) inhibitors and beta-adrenergic blockers increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines. Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane-D with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No studies have been conducted to evaluate the carcinogenic potential of Seldane-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C: The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well controlled studies in pregnant women. Seldane-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS): Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use: Safety and effectiveness of Seldane-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

In double-blind, parallel, controlled studies in over 300 patients in which Seldane-D was compared to extended-release pseudoephedrine, adverse reactions reported for greater than 1% of the patients receiving Seldane-D were not clinically different from those reported for patients receiving pseudoephedrine (see table below).

Pseudoephedrine may cause ephedrine-like reactions such as tachycardia, palpitations, headache, dizziness, or nausea. Sympathomimetic drugs have also been associated with certain untoward reactions including fear, anxiety, tenseness, restlessness, tremor, weakness, pallor, respiratory difficulty, dysuria, insomnia, hallucinations, convulsions, CNS depression, arrhythmias, and cardiovascular collapse with hypotension.

With terfenadine, rare reports of cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In controlled clinical trials with terfenadine, using the recommended daily dose of 60 mg b.i.d., the incidence of adverse events in patients receiving terfenadine was similar to that reported in patients receiving placebo. These effects included: *Central Nervous System* — Drowsiness, headache, fatigue, dizziness, nervousness, weakness, appetite increase; *Gastrointestinal System* — Abdominal distress, nausea, vomiting, change in bowel habits; *Eye, Ear, Nose and Throat* — Dry mouth/nose/throat, cough, sore throat, epistaxis; *Skin* — Eruption (including rash and urticaria) or itching. Also reported spontaneously during the marketing of terfenadine were: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbances.

Also in clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving terfenadine. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis and hepatitis. In most cases available information is incomplete.

FREQUENTLY (>1%) REPORTED ADVERSE EVENTS FOR SELDANE-D IN DOUBLE-BLIND, PARALLEL, CONTROLLED CLINICAL TRIALS*

Adverse Event	Percent of Patients Reporting		
	Seldane-D (N=374)	Pseudoephedrine (N=287)	Placebo (N=193)
Central Nervous System			
Insomnia	25.9	26.8	6.2
Headache	17.4	17.1	22.3
Drowsiness/Sedation	7.2	4.9	11.4
Nervousness	6.7	8.4	1.6
Anorexia	3.7	3.8	0.0
Fatigue	2.1	1.4	2.1
Restlessness	2.1	1.0	0.0
Irritability	1.1	0.0	1.0
Disorientation	1.1	0.0	0.5
Increased Energy	1.1	0.0	0.0
Hyperkinesia	1.1	1.0	0.0
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	11.4
Blurring of Vision	1.1	0.3	0.5
Gastrointestinal			
Nausea	4.5	6.6	5.2
Skin			
Rash	1.1	0.0	0.0
Cardiovascular			
Palpitations	2.4	3.8	0.5
Allergy Symptoms			
Sore Throat	1.9	1.7	1.0
Cough	1.6	0.3	1.0
Other			
Infection, Upper Respiratory	1.3	2.4	0.5
Taste Alterations	1.1	1.0	1.0

*Seldane-D B.I.D., pseudoephedrine 120 mg B.I.D.

OVERDOSAGE

Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed whole, morning and night.

HOW SUPPLIED

Seldane-D Tablets containing 60 mg of terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg of pseudoephedrine hydrochloride in an extended-release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; debossed "SELDANE-D". Store at controlled room temperature (59°-86°F) (15°-30°C). Protect from moisture.

Product Information as of June, 1991.

MARION MERRELL DOW INC.
KANSAS CITY, MO 64114
U.S. Patent 3,878,217 and 4,929,605
Other patent applications pending.

Seldane©

(terfenadine) 60 mg Tablets

BRIEF SUMMARY

CAUTION: Federal law prohibits dispensing without prescription.

DESCRIPTION

Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfena
Tablets also contain, as inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, and so
bicarbonate.

INDICATIONS AND USAGE

Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as snee
rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS

Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS

General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic fun
(alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading t
prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventri
tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which
the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, incl
erythromycin, but causality is unclear. The events may be related to altered metabolism of the dru
electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instruct
Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnan
lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only
potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane on
needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication
tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administr
significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazol
troleandomycin is not recommended. Concurrent use of other macrolides should be approached with cautio

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 63 time
recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidenc
tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidenc
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times the human daily dose. At 63 times the human daily dose there was a small but significant reductio
implants and at 125 times the human daily dose reduced implants and increased post-implantation losses
observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have
performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased
weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There ar
adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only
potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased
weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregn
and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there ar
adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not b
established.

ADVERSE REACTIONS

Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2
patients who received Seldane, provides information on adverse experience incidence for periods of a few day
to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the
was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adv
effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table belo

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=565	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

* Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
** Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
*** CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients)

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricu
tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope.
controlled clinical trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in
interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significan
However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range -4% to +30
(mean increase of 46 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have b
reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warr
listing as possibly associated with drug administration. These include: alopecia (hair loss or thinnin
anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disord
(including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizur
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In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seer
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include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information
incomplete.

OVERDOSAGE

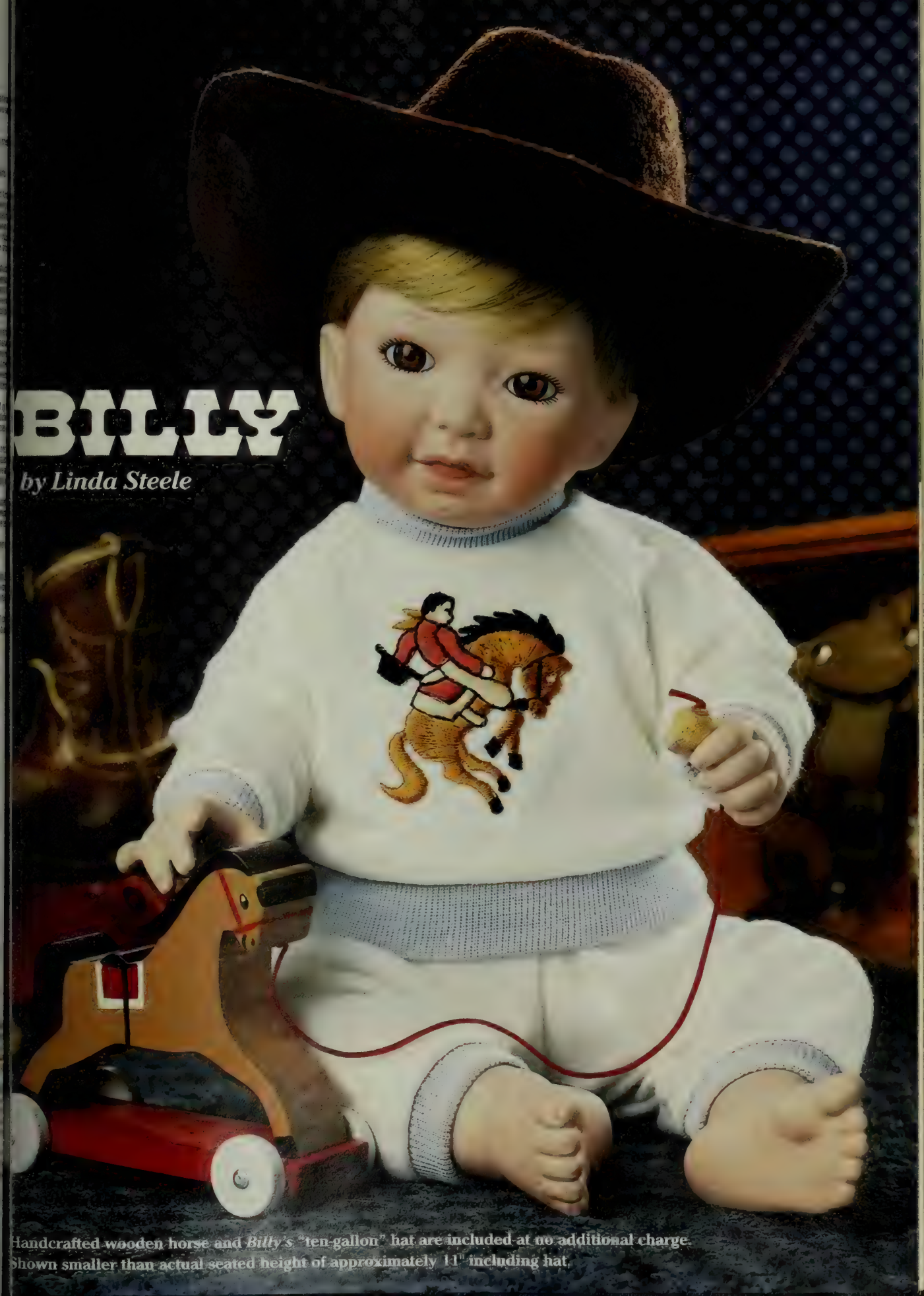
Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION

One tablet (60 mg) twice daily for adults and children 12 years and older.

Product Information as of July, 1990

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"Our backyard is an extension of our house. W

Grown-up pleasures and childhood delights blend harmoniously in Nancy and Doug Abbey's spacious San Francisco backyard. Granting the warm-weather



OUTDOOR

t, play, and work here. It's a family garden."

wishes of every member of the family, their yard sets a dramatic summertime stage for hours of wholesome gardening, fun, and relaxation.



LIVING *Family Style*





The stylish living that Nancy and Doug enjoy indoors doesn't stop at their back door, even though they share their yard with a couple of young adventurers, 2-year-old Katherine and her 4-year-old brother, Robert. Luxurious landscaping for them, however, requires a design that's "both pretty *and* practical," says Nancy.

To keep the dogs from running through the rose beds and the kids from tossing balls into the hors d'oeuvres, the Abbeys' backyard is divided into special sections: a lawn for croquet and tumbling, a brick patio for entertaining, a formal vegetable garden, and a play area. Separated by perennial borders to discourage shortcutting, these areas are defined by grade changes in the sloping property.

The slope initially posed the most vexing challenge. "All we had was a scrubby lawn and a sloping bank," says Nancy. "The elm tree obstructed the view from the house and shaded everything."

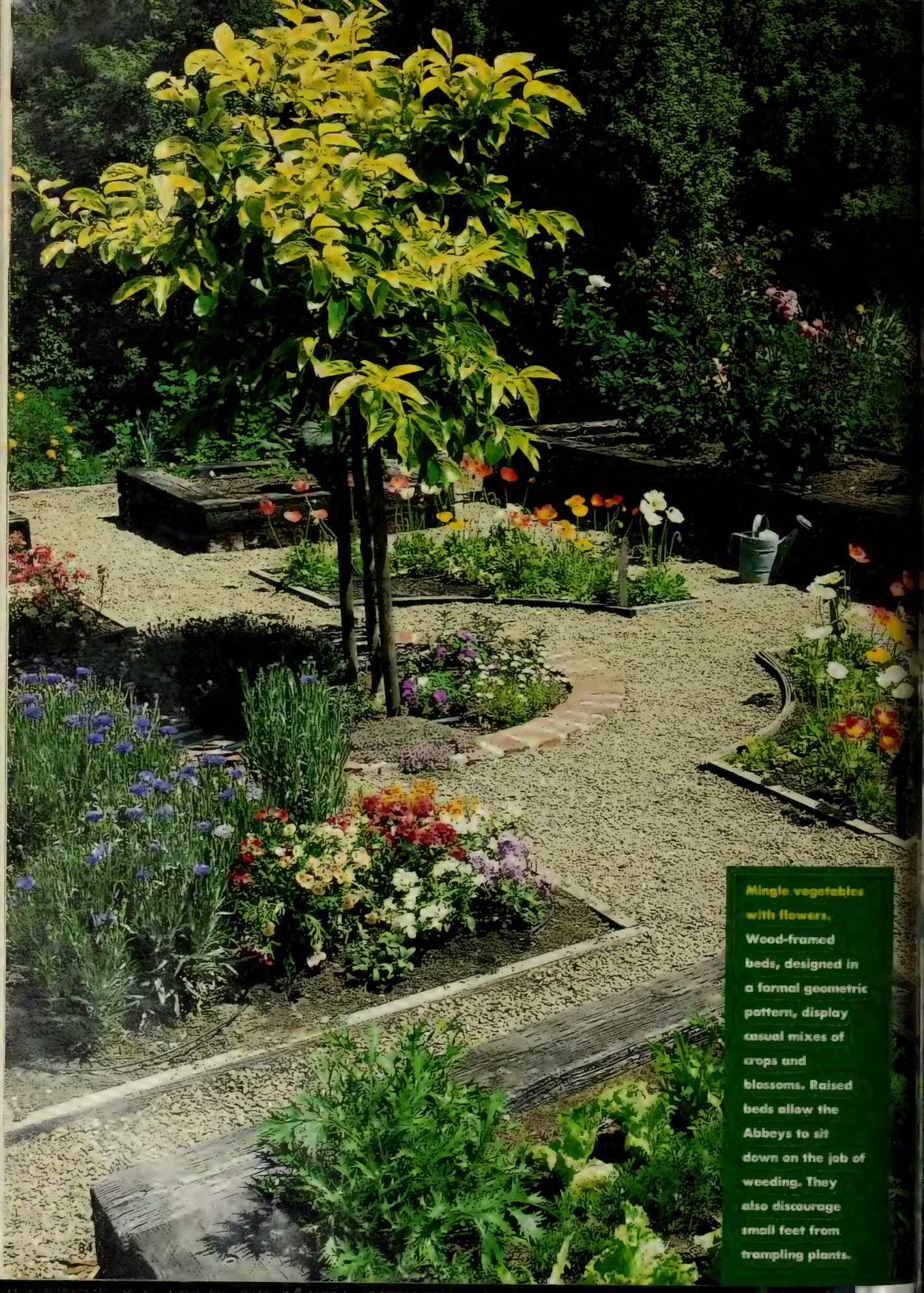


Photographs: Jay Graham. Illustration: Tom Rosborough
Landscape design: Wendy Wilde/WildeWood Gardens
Regional editor: Helen Heitkamp



Design for both kids and adults. The Abbeys' family landscape plan divides their yard into outdoor rooms,[1] including a lawn, patio, vegetable garden, and play area.

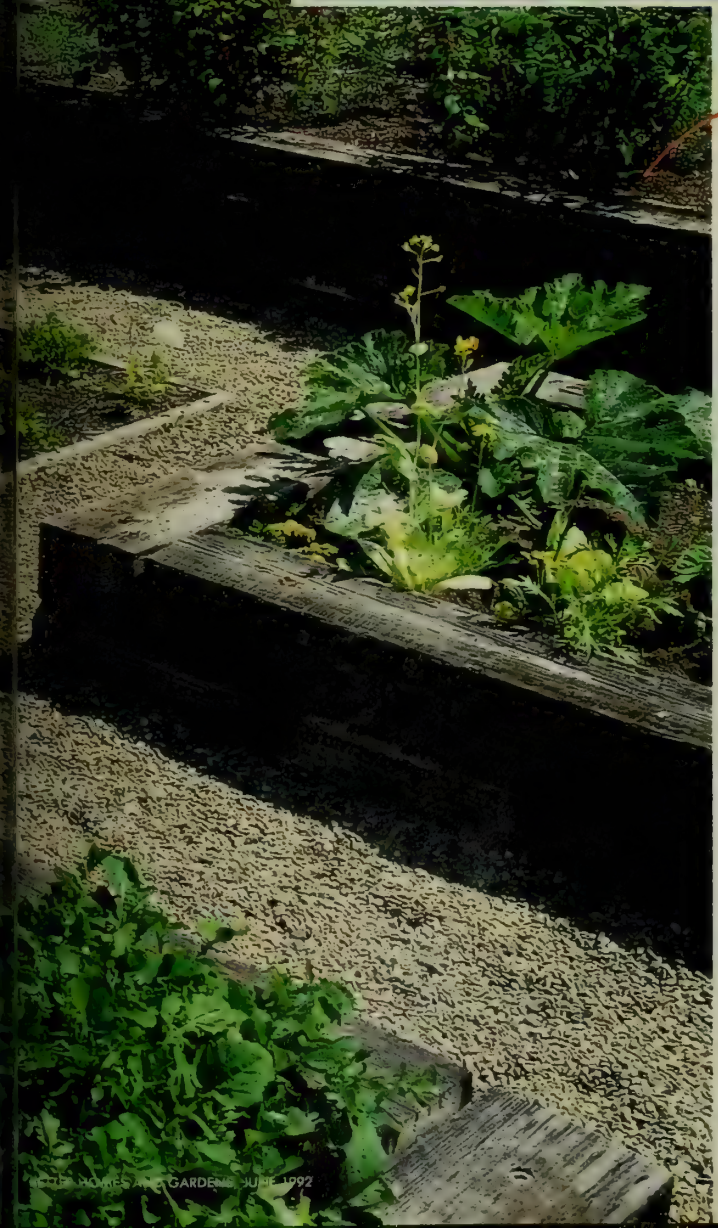
Include a family focal point. The brick terrace is Mom and Dad's place to relax together while Katherine and Robert ride their trikes in the shade of the elm tree. Attractive, yet sturdy, redwood furniture stands up to climbing kids and muddy sneakers.



Mingle vegetables with flowers. Wood-framed beds, designed in a formal geometric pattern, display casual mixes of crops and blossoms. Raised beds allow the Abbeys to sit down on the job of weeding. They also discourage small feet from trampling plants.



Watering the vegetables is fun for 2-year-old Katherine, who's learning to garden early.



Wanting to preserve some, but not all, of their shade, the Abbeys saved the elm, but pruned it so that the tree now acts as a lacy canopy above the patio and lets sunshine into the yard in the winter. "I envision a tree house in it one of these days," says Nancy.

Opening up the back of their yard to sunlight allows the family to grow vegetables. The garden is a fun learning ground for Katherine and Robert, but the play area is their favorite place to spend afternoons. Complete with a playhouse and sandbox, the play area is close enough to the patio for supervision, yet far enough away so that the children feel as if they're in their own little world.

Whether they're chasing butterflies or plucking blooms, sitting in the shade or gliding down the slide, all in the Abbey family now have their own private outdoor world to retreat to.

SQUEEZING A SPA INTO A TINY YARD

A side-yard terrace, featuring a deck, spa, privacy screen, and storage area gives this Portland, Oregon, home a much-needed focal point for outdoor living. Because their backyard abuts a busy street, the owners located their family retreat in a narrow, but quieter, space between the driveway and the side entry of their house.

Before the remodeling, the side yard was exposed to neighbors. "This tiny yard had a lot of problems," says landscape architect John Herbst. "We needed to design a private space that was shielded from street noise where the owners could entertain friends and have room left over to store all their outdoor equipment."

A new storage shed, built to conceal the driveway from the house, forms one wall of the new courtyard. Privacy screening, with glass inserts at one corner, closes the gap between the shed and the house, offering views of the yard.



Insulated with foam panels to provide an effective sound barrier, the privacy screen is faced with siding to match the house.

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PHOTOGRAPHS: STEPHEN CRIDLAND. LANDSCAPE ARCHITECT: JOHN HERBST, JR. REGIONAL EDITOR: CATHY HOWARD

The large fiberglass spa rests in the deck platform, shielded from street sounds and next-door neighbors by the screen and shed. When it's not in use, the spa cover folds back and stands upright on the ledge against the wall.

A jog in the screen creates a small alcove for the spa, which is sunken into a raised deck and connected to the house with a narrow boardwalk. "When we designed this backyard, we had to employ as many space-saving ideas as possible," says John. "For example, we built a deep ledge on the back side of the spa so the spa cover could be stored out of the way when the spa was in use."

Framed with brick pavers for colorful accents, exposed aggregate squares form a durable and attractive patio surface. "We didn't want a boring, all-aggregate patio, so we added a geometric pattern of brick pavers for color and interest," says John.

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Decorate with colorful cushions. Reflecting Marilyn's love for old-time garden blooms, floral cushions and pastel pillows are comfortable frills for rustic willow chairs. With its soft, dappled light, the veranda is an inviting spot for refreshments and an intimate chat.

BY JANE AUSTIN McKEON



A Victorian-style veranda complements Marilyn Cornell's 100-year-old California home.

ld-fashioned omforts

In the good old summertime, Marilyn Cornell enjoys the simple luxuries of her San Diego backyard. Marilyn's old-fashioned oasis suits her vintage house and offers open-air pleasures that are both affordable and fun.



Put to work a wasted side yard. Once ignored and uninviting, Marilyn's side yard is now a pretty pass-through, and more. A redwood trellis and painted privacy fence create a protected courtyard that beckons visitors in and beyond into the backyard.



Go with flowing flower beds. For old-fashioned appeal, Marilyn shuns formal garden designs in favor of curving flower borders.

Tailor a yard plan to your needs. Designed for both parties and private times, the backyard is divided into several sections: a veranda, patio, lawn, potting place, and side-yard retreat.

Timeworn was the best word to describe the home Marilyn purchased several years ago. She renovated the 100-year-old house, then began sprucing up the long-neglected 50×50-foot backyard. "The weeds were waist-high," she recalls. A chain-link fence and a small concrete stoop off the back door were the only outdoor "improvements" the previous owners had made.

To preserve the architectural integrity of the house, Marilyn hired a professional landscape designer to suggest some appropriate changes for her yard. Her one stipulation: New structures must blend with the old. "Rather than add a conventional deck," says Marilyn, "I decided an old-fashioned veranda would blend better with the style of the house."

A curving brick patio carries the porch's traditional appeal into the yard. "To offset the squared-off angles of the veranda, I wanted the rest of the yard to flow," says Marilyn. The slightly sunken terrace takes advantage of a natural dip in the property, dramatized by low brick walls that double as seating for large backyard gatherings.

Sweeping flower borders, left open for Marilyn to plant as she pleases, outline the walkway to the patio. "None of the beds contains permanent plantings," she says, "because I have to adapt to changing local restrictions on watering."



ILLUSTRATION: TOM ROSBOROUGH

Summer is filled with the enduring and endearing heirloom blooms of cosmos, petunia, salvia, lavender, lobelia, chrysanthemum, marigold, rose, and shasta daisy. "I prefer the dependable, old-time varieties so I can have cut flowers year-round," says Marilyn.

A natural offshoot of her love for gardening is the trellised potting area, built at one end of the renovated carriage house. The original structure, enhanced by fresh paint and bougainvillea vines, now stands as a focal point of the backyard.

The pastel pinks and purples that predominate in Marilyn's garden reappear as color themes throughout her outdoor decorating. Painted furniture and cheerful cushions add simple, yet elegant, finishing touches. "I live in my backyard on weekends," says Marilyn. "I know of no better place than my own veranda to sit and watch a sunset."



Overcome problem areas. A tumbledown carriage house became the yard's best-dressed feature when it was converted into colorful storage for garden supplies.

Photographs: Joan Vanderschuit
Landscape design: Lily O'Connor
Regional editor: Sharon Haven



Furnish your outdoor room. Just as no interior designer would fill an indoor room with all look-alike chairs, Marilyn chose a few different styles of outdoor furniture to complete her retreat. Iron, willow, and wood adirondack chairs create areas for conversation.



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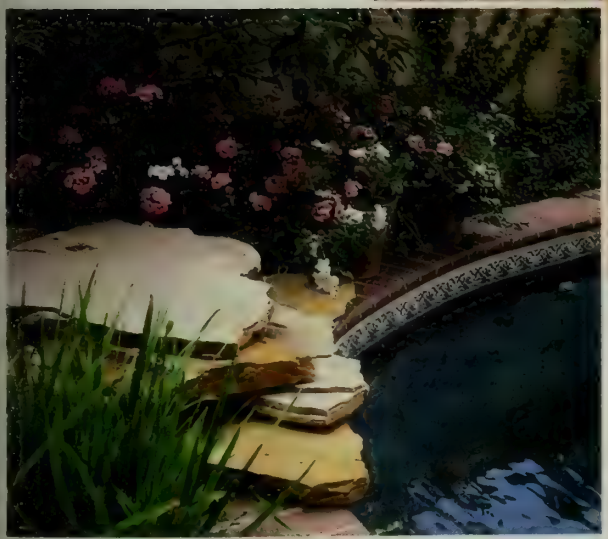
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A Splash Of The

Southwest



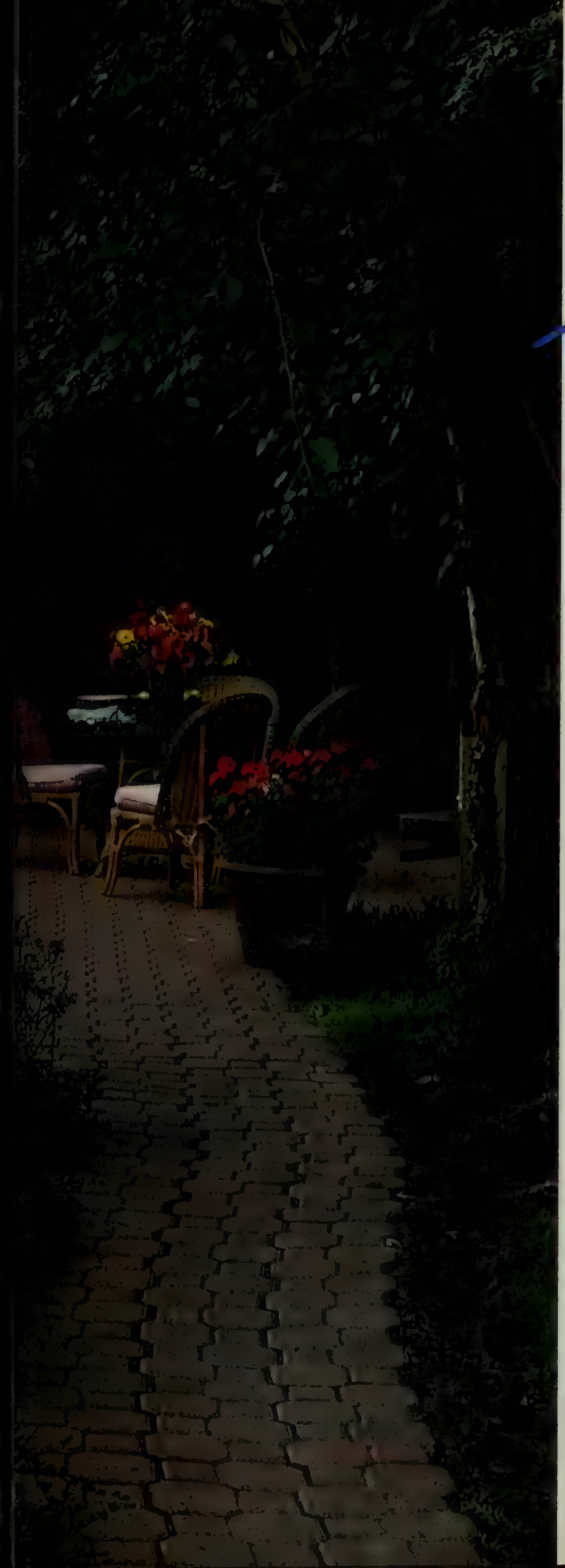


Leslie Ayers' backyard is equipped for entertaining friends of all ages. A built-in grill serves up summertime cookouts.

A sunbathed southwestern-style courtyard offers Leslie Ayers the laid-back lifestyle she enjoys. Not even the subdued traffic sounds from the other side of the wall can disturb the peace she's created in back of her St. Louis rowhouse.



Choose easy-care plantings. Every season offers color and interest in Leslie's backyard. Desert natives thrive through heat waves. Potted annuals offer splashes of color. In the winter, dwarf junipers and cotoneasters hold their deep green hues.



An 8-foot-high privacy wall running along the length of Leslie's narrow 75×30-foot property inspired the design of her courtyard. "I wanted a soft, contemporary look with a southwestern feeling," she says. "But I also wanted to maintain the character of the old house."

Leslie saved the wall, preserving some of the traditional styling of her turn-of-the-century neighborhood, but she added a few flourishes of her own. "I kept the original brick facade on the street side and the brick trim on top," she says. For the inside, however, she chose stucco and repeated it in the new wall, built on the opposite side of the yard.

The garage at the back of the lot also sports a stucco facelift. Embellishments, such as shutters and a trellis, give the structure the look of a guesthouse. "I enjoy making things look like something different from what they are," says Leslie.

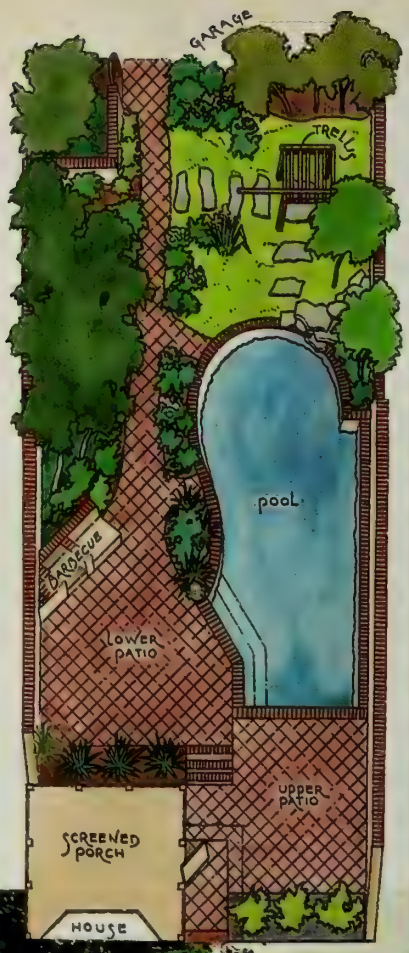
A long, narrow swimming pool eats up a good portion (about 12×25 feet) of the pocket-size property, yet fits beautifully as a part of the yard's new design. "I think most swimming pools are boring," says Leslie. "To make this pool go with the courtyard feeling, I painted the bottom black so it blends in like a natural pond."

Interlocking concrete pavers surround the pool. "Having lived and worked in Florida and California, I grew to love the Mexican tile used in so many of the homes there," says Leslie. The clay tone of the pavers is "wonderful because it looks cool in the summertime and warm in the winter."

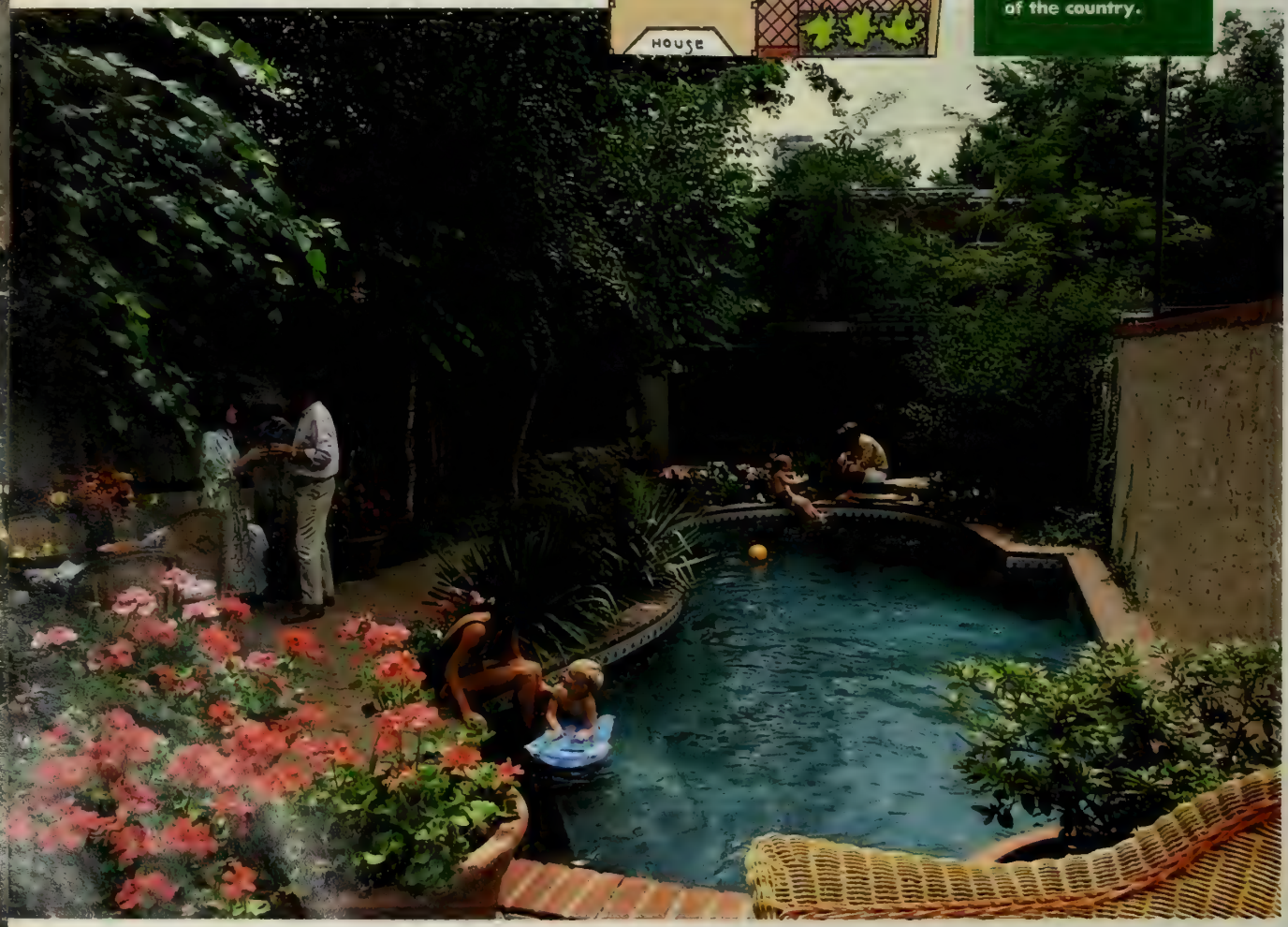
Photographs: Barbara Martin
Design: Dave Davis and Leslie Ayers
Regional editor: Mary Anne Thomson

Designed to look casual, not perfectly manicured, plantings are chosen for their year-round interest and ease of care. As a result, the landscaping is very manageable. "I just weed the beds now and then," Leslie says.

Leslie's laid-back philosophy about her backyard allows her to spend what limited leisure time she has entertaining in it. Gathering friends together for summer cookouts is one of her favorite pleasures, especially now that her courtyard contributes a southwestern flavor.



Mix the new with the old. Leslie favors the southwestern style, but she wanted to stay true to her home's midwestern character. The result: a landscape design that marries the best from both regions of the country.



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2 cups crushed strawberries
3/4 cup water

1. **MIX** strawberries and sugar thoroughly. Set aside 10 minutes.
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3. **STIR** mixtures together **until sugar is completely dissolved and no longer grainy.** Pour into plastic containers; cover. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator or freeze extra containers. Thaw in refrigerator.

Makes about 4 (1 cup) containers.



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1 box SURE·JELL LIGHT™ Fruit Pectin
3 1/4 cups sugar, divided
4 cups crushed strawberries

1. **COMBINE** SURE·JELL LIGHT™ Fruit Pectin with 1/4 cup of the sugar.
2. **ADD** pectin mixture gradually to fruit, stirring vigorously. Set aside for 30 minutes, stirring occasionally.
3. **STIR** remaining sugar gradually into fruit mixture **until sugar is completely dissolved and no longer grainy.** Pour into plastic containers; cover. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator or freeze extra containers. Thaw in refrigerator.

Makes about 6 (1 cup) containers.

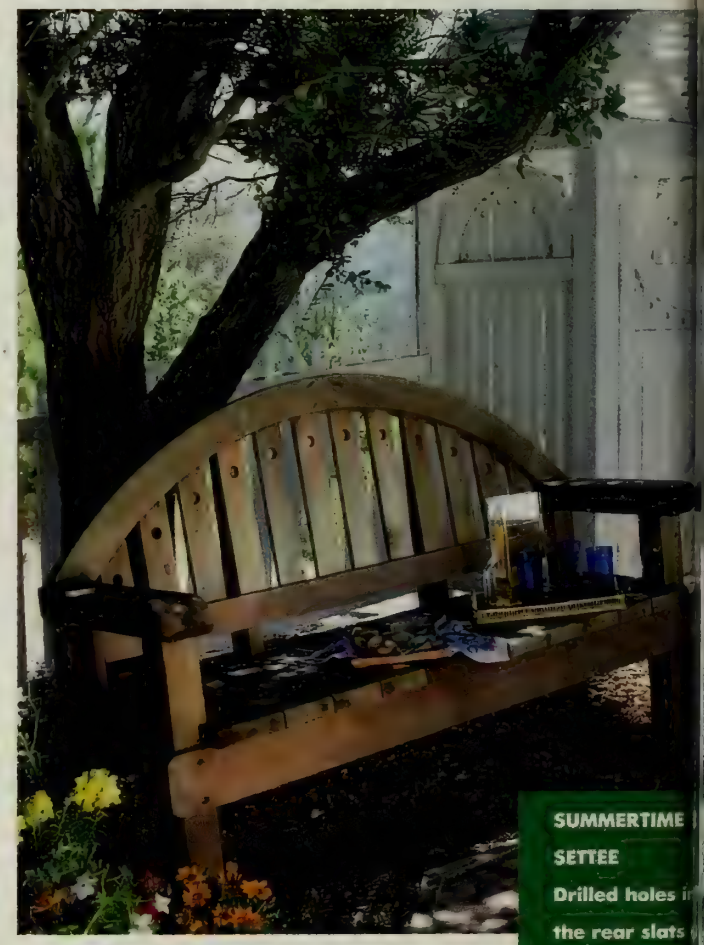
Important: Measure sugar and fruit exactly; do not change amounts or jam will not set properly.
A potato masher works best for strawberries.

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PROJECTS YOU CAN BUILD

BY JANE AUSTIN McKEON

Catch the spirit of summer by building one of our stylish outdoor projects. For the more complicated designs, we offer complete plans (see page 106).



Photograph: Ernest Braun
Design: Gene Kunit
Regional editor: Helen Heitkamp

SUMMERTIME
SETTEE
Drilled holes i
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To order plan
page 106.

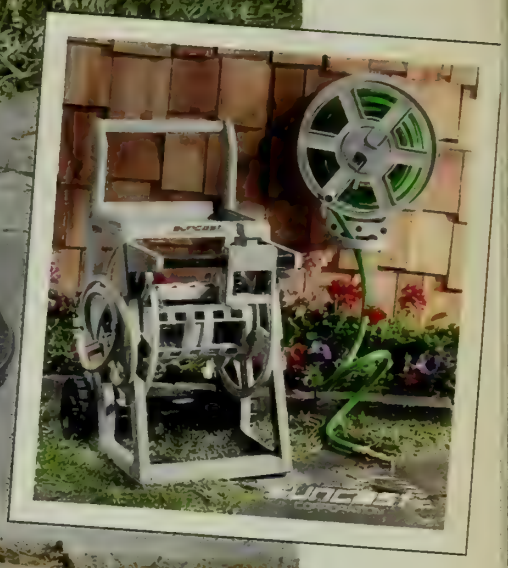
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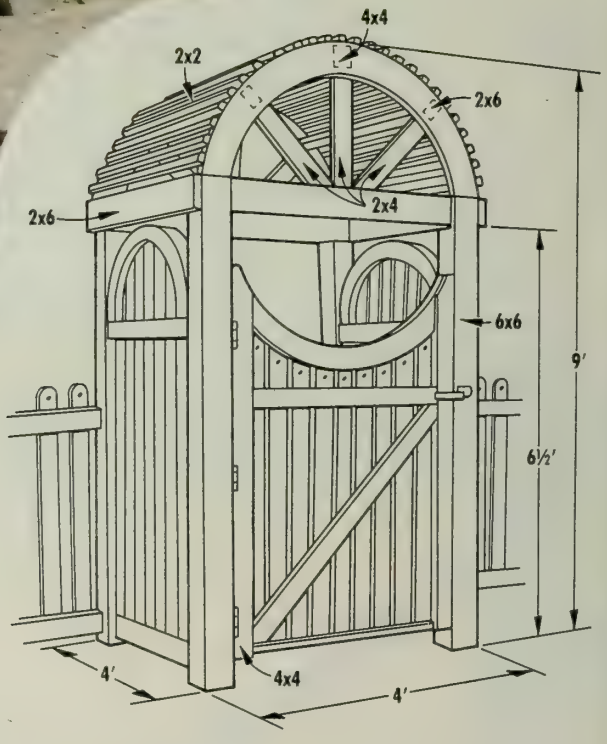
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Photograph: Ernest Braun
Design: Gene Kunit
Regional editor: Helen Heitkamp

ELEGANT ENTRYWAY

An arched entry invites friendly visits, especially when it frames a pretty garden view on the other side. The lacy look of 2×2 slats on top enhances the graceful curves of this trellised gate. The curved framing for the arbor is cut from a 2×12. A circle formed by the gate and the arbor is accented by 2×4 spokes in the arbor.





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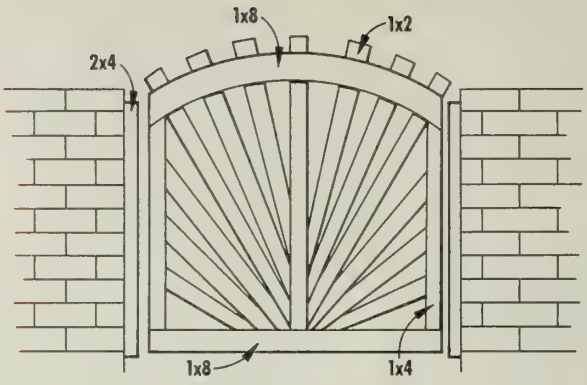
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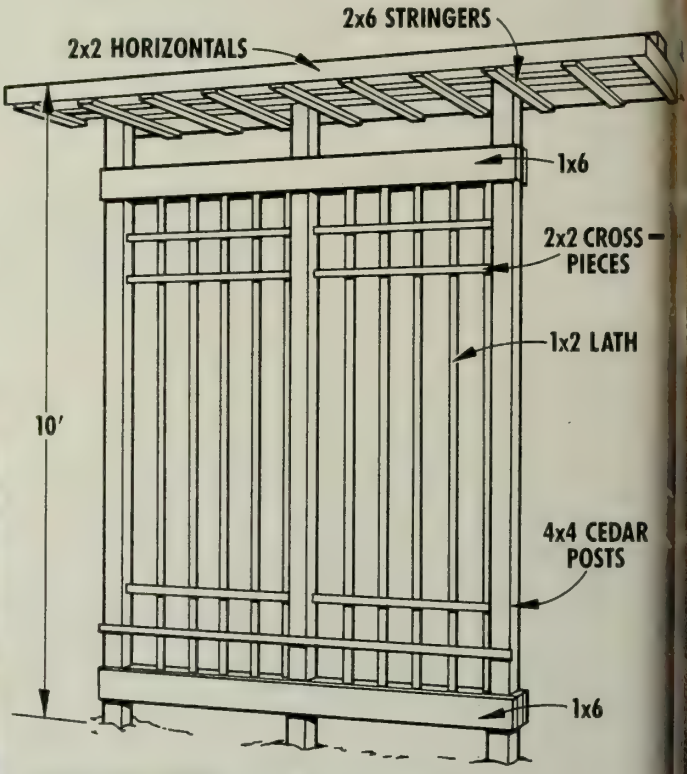






Photograph: Barbara Martin
Design: R. Wilson Carpentry
Regional editor: Mary Anne Thomson. Illustrations: Mike Henry

SUNBURST GATE A wooden gate, built in a sunburst pattern, dramatically bridges the gap between the two side-yard entry posts of this once unadorned brick wall. The gate's simple design is a pleasing contrast to its more formal surroundings. White paint heightens the impact.



Photograph: Stephen Cridland
Design: John Herbst, Jr.
Regional editor: Cathy Howard



SIDE-YARD SCREEN This corner screen conceals unsightly trash cans between the side door and driveway. Built to the height of the windows, its trellised top runs along the entire front of the house, drawing traffic and attention to the main entry. The cedar screen is painted to blend with the house.

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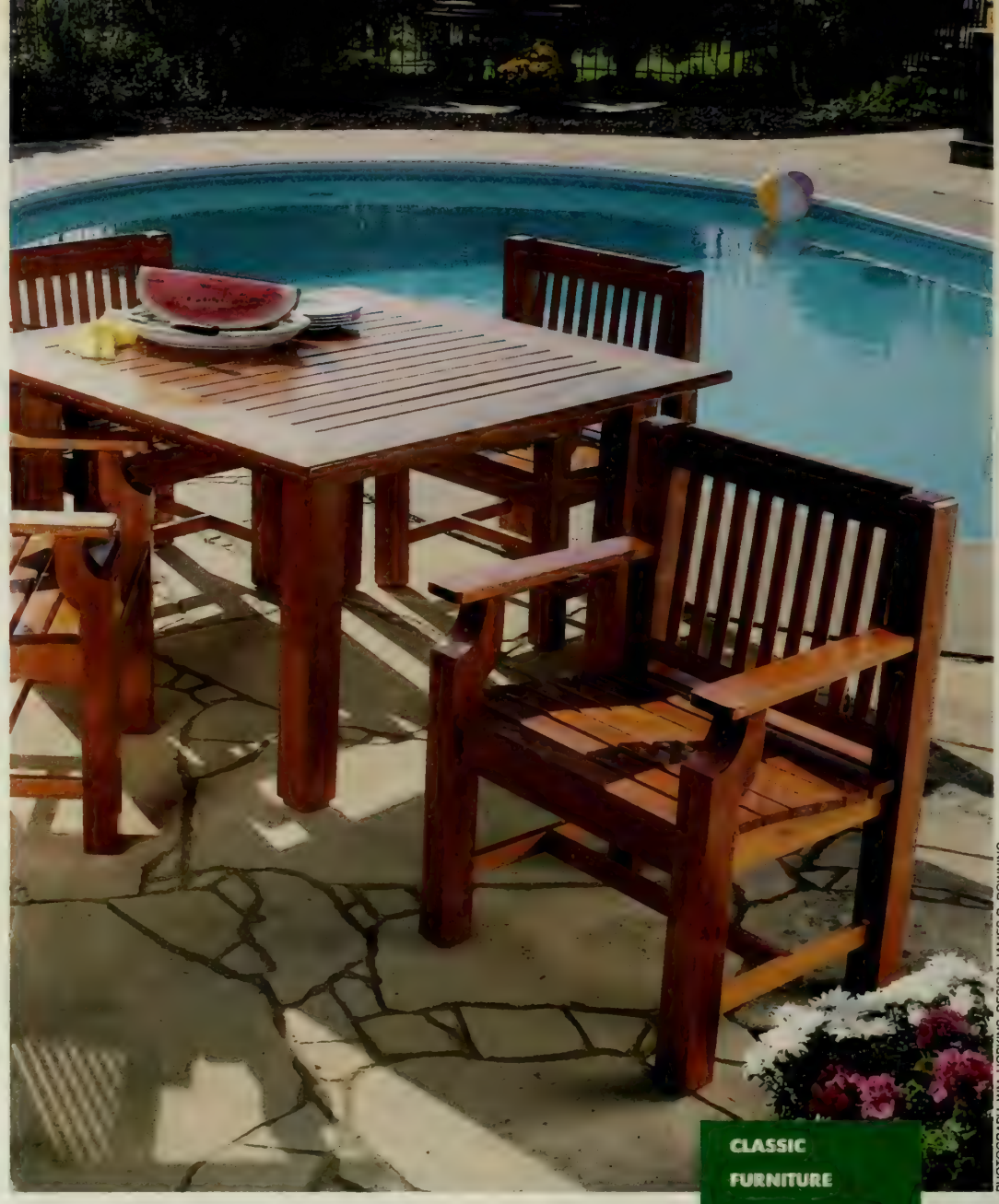
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From Greenview

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OUTDOOR LIVING

PLAN FOR PRIVACY

An indoor remodeling project inspired the owners of this Atlanta home to expand their home improvement horizons outdoors into their backyard. Faced with a "totally undeveloped" property when they began, the couple came up with a landscape plan that would allow them to save money and do the work themselves.

The backyard's two biggest challenges: access and privacy. Lacking a rear door from the house, the owners had no convenient exit for outdoor living. What's worse, there was no privacy because of the nearby driveway.

The brick bump-out (see *Before*), which previously enclosed a bedroom closet, was a logical place to install French doors leading outdoors from the home's new den. New privacy fencing acts as a visual barrier between the L-shape deck and driveway. Built of pressure-treated pine, the platform steps down to a brick paver patio.



PHOTOGRAPH, RICK TAYLOR; DESIGN, TOM LAND AND JOHN MCNAIR; REGIONAL EDITOR, RUTH REITER

AFTER



BEFORE: A vacant backyard befits the home's blank brick wall prior to the owner's remodeling. AFTER: Decking, privacy fencing, and plantings create a retreat, accessible through new French doors.

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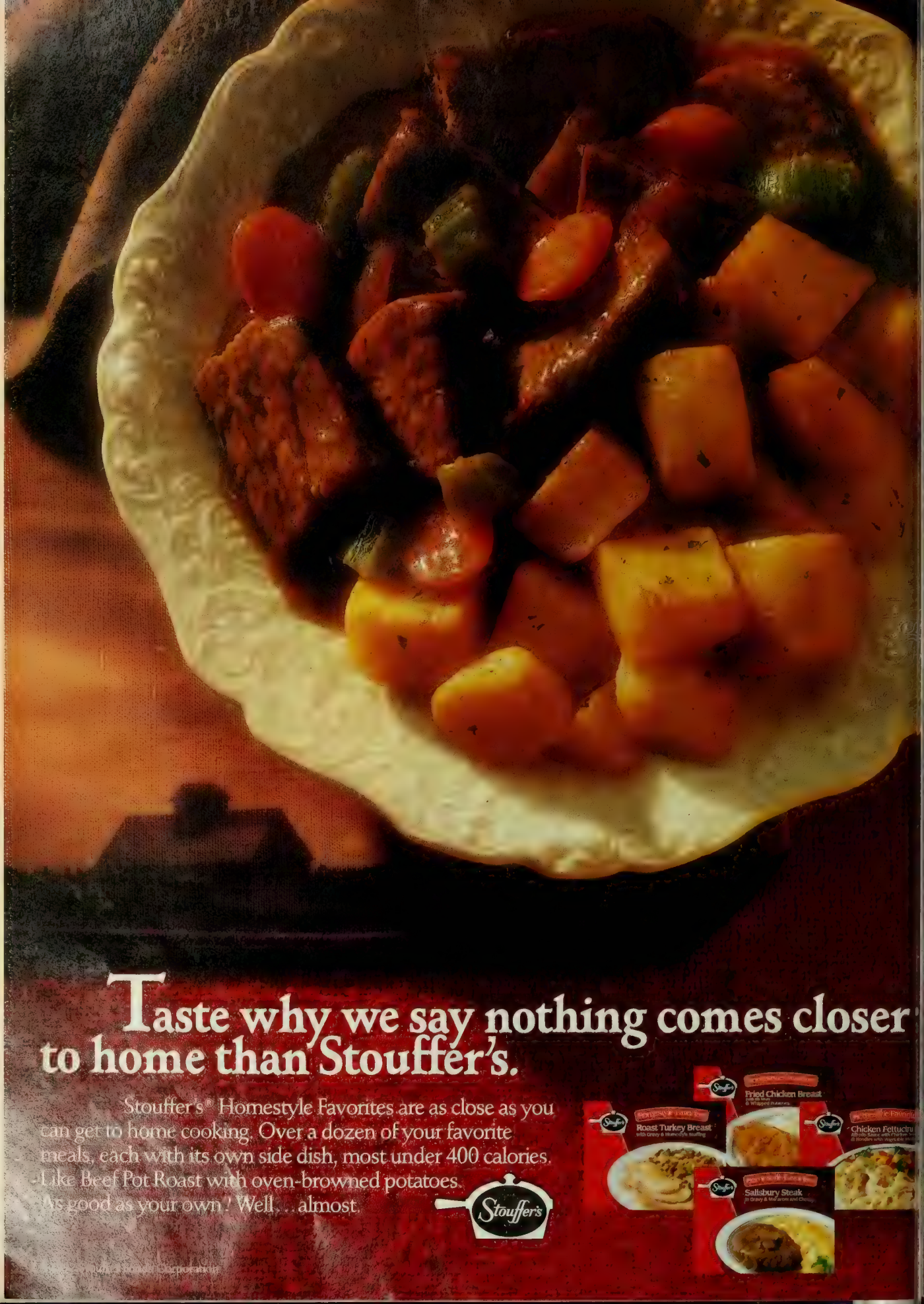


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TURN YOUR POOL INTO A PARADISE

A swimming pool can offer much more than a place to cool off and swim laps. Integrated into a complete landscape plan, the best pool designs transform a backyard into your own private paradise.

Naturalized plantings and native construction materials successfully team up around this Massachusetts backyard swimming pool. Mounds of surplus soil from the excavation create contoured planting beds around the pool, adding interest to the once flat terrain. These bermed areas, coupled with an edging of shale stones, provide the look of a refreshing woodland pond rather than that of a conventional cement-rimmed pool.



Stone edging helps the pool harmonize with its serene surroundings.

If the effort and expense of pool ownership has you a little tense...



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This 32×21-foot, free-form pool was designed to look like a natural pond. Nearby plantings add seasonal color.

Low-growing shrubs and ground covers—including heath, heather, pachysandra, myrtle, ferns, ajuga, hydrangea, rhododendron, cotoneaster, viburnum, and mountain cranberry—encircle the pool, helping to blend it into the setting. For bright splashes of color, sedums, thyme, portulaca, lavender, candytuft, and basket-of-gold alyssum grow between the stones at the water's edge. Taller evergreens such as spruce and arborvitae edge the back of the lot, offering dense, year-round privacy screening.



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Created by internationally celebrated artist Patricia Rose, "Elizabeth" is a fine bisque porcelain collector doll of incredible beauty Her golden hair falls in soft curls about her exquisite hand-painted face. Her wide, expressive green eyes are inset and fringed with natural lashes. Her hands and feet are finely crafted with realistic detail, her arms and legs naturally posable. Cradling her bab bear in one arm, "Elizabeth" looks up at you adoringly, silently saying 'I love you, Momm

Collector's Quality...Excellent Valu

"Elizabeth" is an extraordinary collector's value, commemorating the Treasury Collection's inaugural year. At the exception price of $39, she compares in quality to doll costing twice as much. This imported first edition will be individually numbered and limited to 100 firing days. You may now commission "Elizabeth," complete with her companion bear, numbered certificate of authenticity, display stand and collector's box. Simply complete the attached Commission Reservation and return it toda You need send no money at this time. If you are not completely satisfied within one year you may return your doll for a full refund.

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hown smaller than actual size. Elizabeth i approximately 13" high and comes comple with companion bear, numbered Certificat Authenticity, display stand and exquisite collector's box.


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SWIMMING POOL SAFETY TIPS

A swimming pool can be the focal point for family fun. However, the health benefits of owning a pool are accompanied by some sobering safety concerns. Sadly, drowning is the second leading cause of accidental deaths in the United States for children less than five years of age.

Responding to the pool safety issue, the Consumer Products Safety Commission, in conjunction with the National Spa and Pool Institute, recently developed a model barrier code for pool owners. The code mandates that a 48-inch-tall, climb-proof barrier be built around all backyard pools. Gates to and from a pool area must be self-closing and self-latching. The house can serve as a fourth wall if the door leading to the pool has an alarm or the pool has a motorized safety cover.

Many pool safety experts take these guidelines a step further and recommend using layers of protection. As a backup to constant supervision, they advise that parents install a combination of pool safety devices. Here's a summary of other safety tips:

- Install a climb-proof fence or barrier that is at least 5 feet high. Make sure the enclosure doesn't block views of the pool from the house.
- Select gates that are self-closing, self-latching, and child resistant.
- Keep windows and doors that lead to the pool locked at all times. An alarm system, which warns you when a door or window has been opened, is recommended for extra protection.
- Choose a motorized pool cover. Avoid the "bubble" blanket covers that do not effectively seal off the edges of a pool.
- Place U.S. Coast Guard-approved equipment (life preservers, life jackets, shepherd's crook, and so forth) at poolside.
- Keep a telephone at poolside.



THE EASIES
TO OPEN YOU
Oscar Mayer® Deli-Thin™ Brand slic

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A barrier constructed of painted wood posts and clear acrylic panels safely encloses this pool without blocking the view from the house. Planters at the base of the barrier are filled with petunias, geraniums, begonias, sweet peas, daisies, snapdragons, and ranunculus.

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DECORATING

SHEET SUCCESS Looking for linens

Thread count? Percale? Muslin? These facts will help you choose what to put under your bed's top covers.

THE UNDERCOVER STORY

Though they're often called linens, most sheets aren't made of flax but of a cotton-polyester blend. The higher the thread count (number of threads per square inch of fabric), the tighter the weave and the softer the sheet. These types are available:

Muslin is usually a blend of 50 percent polyester and 50 percent uncombed cotton. (Uncombed cotton hasn't been processed to remove the coarser cotton fibers.) Good grades of muslin have around 130 threads per square inch. These budget sheets tend to go limp and fade quickly.

Percales, made of cotton-polyester blends or all cotton, typically have thread counts starting at 180, making them softer, smoother, and more expensive than muslin. Top-quality percales are made of 100 percent combed cotton and have a 200 to 250 thread count. These linens have the crispness of vintage cotton sheets, but they are wrinkle-proof and machine washable.

Cotton-polyester percales wear better, cost less, and dry faster than their all-cotton counterparts. Some blends contain 50 percent cotton; others have 65 percent or more. The higher the cotton content of the sheet, the softer the fabric will be.

Linen sheets—those really made from the flax plant—are touchable and tough. However, linen sheets cost more, plus many must be line dried and ironed after washing. Some manufacturers compromise by weaving linen-cotton blends.

TAKE COVER Your bed's topcoat

Even if you can't judge a book by its cover, what covers your bed is important in terms of looks and livability. Here are the facts.

THE COVER STORY

Because your bed is the most prominent piece in your bedroom, its topcoat deserves special attention. Before you pick a bedspread, comforter, or duvet, think about what's best for you.

Bedspreads are quilted or made from one layer of a variety of fabrics. They are offered in two lengths: The shorter ones reach to the box springs and are often used with dust ruffles; the longer lengths touch the floor.

Comforters have become a popular alternative to the traditional bedspread. A comforter filled with synthetic fiberfill or polyester-fill is best for summer months, while a comforter stuffed with down and feathers keeps you toasty in the winter.

The principle behind a comforter is that a layer of light, bulky filling—sewn between two layers of fabric—traps warmth. A comforter should be at least 18 inches wider than the bed. Natural comforters need to be professionally cleaned or washed in commercial-size machines with mild cold-water detergent. Synthetics can be washed according to instructions.

Duvets have long been used in Europe. Basically, a duvet is a comforter encased in a sheet-fabric cover that can be removed for easy cleaning. The duvet does the job of the top sheet, blanket, and bedspread all in one. To complete your bed dressings, all you need is a fitted sheet that matches the duvet. In the morning, just toss and smooth the duvet to make your bed.



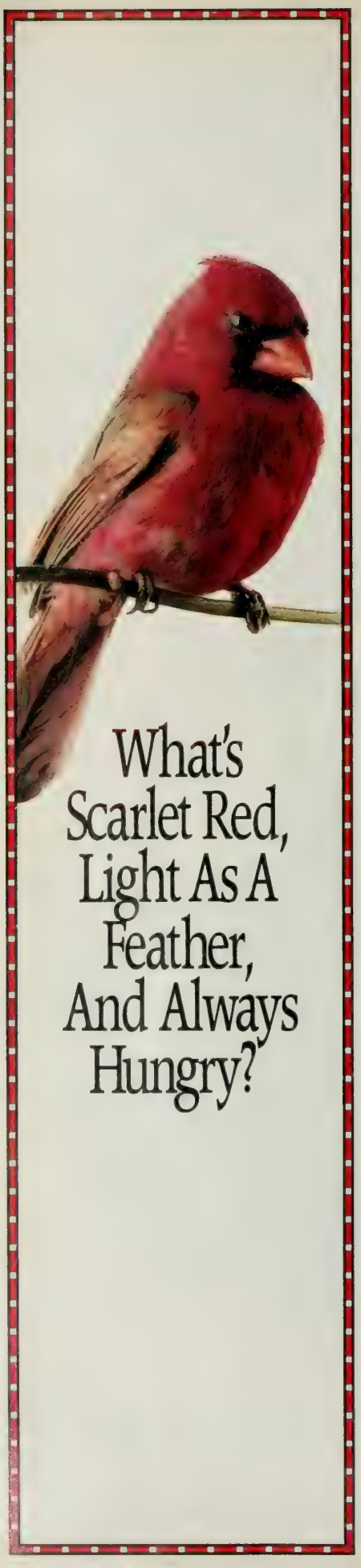




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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted.

PRETTY AND PRACTICAL PORCHES

Pages 28–29: Fabrics on cushions—Schumacher, 79 Madison Ave., New York, NY 10016.
Pages 30–31: Fabrics on cushions—Schumacher (address above).
Pages 32–33: Greenhouse addition—G & G Concepts, Ltd., 71-13 60th Lane, Ridgewood, NY 11385. **Wicker love seat, green garden stool**—The Ginsberg Collection, 190 San Bruno Ave., San Francisco, CA 94103. **Base for glass table**—Daniel Mack Rustic Furnishings, 3280 Broadway, New York, NY 10027. **Table lamp,** "Olympe"—Mirak, Inc., 8403 Westglen, Houston, TX 77063.

8 GREAT RECIPES FOR SUMMER COOKOUTS

Cover: Wooden platter—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110.
Pages 136–137: Napkin—Bazaar Del Mundo (address above). **Plate,** "Countryware"—Wedgewood USA, Inc., 41 Madison Ave., New York, NY 10010. **Knife and fork,** "Eclat"—Jean Couzon USA Inc., Customer Service, 166 Howell St., Dallas, TX 75207.
Pages 138–139 (*left*): Plate, "Basketweave"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Knife and fork,** "Hammersmith"—Towle Silversmiths, 144 Addison St., E. Boston, MA 02128. **Napkin**—Barn Swallow, Highway 71, P.O. Box 378, Okoboji, IA 51355. **(*Top right*): Plate and glass**—Bazaar Del Mundo (address above).
Pages 140–141: Teapot, cup, and saucer, "Countryware"—Wedgewood USA Inc., 41 Madison Ave., New York, NY 10010. **Cake plate,** "Amethyst"—The Pottery Barn, Mail Order Dept., Item #61-513846, P.O. Box 7044, San Francisco, CA 94120-7044.
Pages 142–143 (*left*): Glasses—Bazaar Del Mundo, San Diego, CA 92110. **(*Right*): Plate,** "Coup"—Crate & Barrel; 800/323-5461. **Glass,** "Weisbach"—Bazaar Del Mundo (address above). **Napkins**—Bazaar Del Mundo (addess above).

PRIZE TESTED RECIPES®

Page 167 (*left*): Plate, "Patricia"—Horchow, P.O. Box 819066, Dallas, Texas 75381. **(*Right*): Plate**—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110. **Napkin,** "Diamond Light"—Boston Warehouse Corp., Consumer Relations, 59 Davis Ave., Norwood, MA 02062. **Glass**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062.
Page 168 (*left*): Glass, "Troy"—Noritake Services, 2635 Clearbrook Dr., Arlington Hts., IL 60005. **Plate,** "Boheme"—Lenox China & Crystal, Inc., 100 Lenox Dr., Lawrenceville, NJ 08648. **Fork,** "Golden Danube"—Gorham, Inc., P.O. Box 906, Mt. Kisco, NY 10549.

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PRETTY AND PRACTICAL PORCHES

Pages 28–31: Designer—Betty Fleischman.
Pages 32–33: Designers—Shelly & Janet Rosenberg.
Page 34: Designer—Mary Engelbreit.

OUTDOOR LIVING, FAMILY STYLE

Pages 80–85: Landscape designer—Wendy Wilde, WildeWood Gardens, 575 Vistamont Ave., Berkeley, CA 94708.

OLD-FASHIONED COMFORTS

Pages 88–93: Landscape designer—Lily O'Connor, 1221 Hayes Ave., San Diego, CA 92103.

A SPLASH OF THE SOUTHWEST

Pages 95–98: Landscape designer—Dave Davis, Assoc., 504 N. Euclid Ave., St. Louis, MO 63108.

OUTDOOR PROJECTS YOU CAN BUILD

Page 100: Bench designer—Gene Kunit, 4403 Evans, Oakland, CA 94602.
Page 102: Arched entry designer—Gene Kunit, 4403 Evans, Oakland, CA 94602.
Page 104: Sideyard screen designer—John Herbst, Jr., 7610 SW 17th Dr., Portland, OR 97219. **Sunburst gate designer**—R. Wilson Carpentry, 3136 Woods Ave., Glencoe, MO 63038.

REVIVING A TINY BATH



Homeowner Ruth Lord used updated original fixtures and stylish tile work to restore the original charm to her 1920s bathroom.

The custom-tiled doorway casings, vintage-style towel rack, and subtly colored accent border are just some of the dashing details that benefit this bathroom.



PHOTOGRAPHS: STEPHEN CRIDLAND. REGIONAL EDITOR: CATHY HOWARD

Big-time style ideas abound in this pint-size bathroom. Just look around to glean some useful design tips from Ruth Lord's simple yet special restoration of her historical home's second floor bathroom.

Pure white ceramic tiles and blushing peach-hued painted walls combine for a gentle color combination that always soothes the senses.

Restoration of the original sink, toilet, faucets, and medicine cabinet provides a fresh face for these solid 1920s elements. A vintage-style towel rack adds to the old-time charm.

Wood moldings form a frame around stylish trim tiles to duplicate the original ornate ceramic door casings. The green floral border outlined with a peach and white stripe cut from another wallpaper pattern brings a dash of accenting color.

Salvaged from Ruth's basement, a pocket door leads to the newly added adjoining tub room.

The freshly painted arched window frames a lovely view of the backyard while letting the sun lighten this bathroom space.



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KRAFT® FREE® Nonfat Dressing.....2
MIRACLE WHIP® Salad Dressing.....146
Louis Kemp™ Seafood Co.....170

BEEF TERIYAKI MARINADE

cup A.1.® STEAK SAUCE
cup soy sauce
cup vegetable oil

mbine all ingredients. In non-metal dish, pour arinade over any steak. Cover; chill at least one ur, turning occasionally.

move steak from marinade. Grill steak 4 inches m heat source, 10 minutes on each side or until sired doneness.

akes 1 cup.

15-MINUTE TURKEY SMOKED SAUSAGE SPICY KABOBS

1½ lbs. HILLSHIRE FARM® Turkey Smoked Sausage or Turkey Polska Kielbasa, any variety, sliced 1" thick
8-oz. bottle Italian salad dressing
variety of fresh vegetables such as:
1 bell pepper, cut into 1½" pieces
2 ears of corn*, broken into thirds
6 cherry tomatoes
3 new potatoes*, halved
2 zucchinis, sliced 1" thick
6 large mushrooms

ild skewers alternating Hillshire rm® Turkey Smoked Sausage or rkey Polska Kielbasa and getables. Dip kabobs into salad essing. Grill or broil for 4 inutes on each side, basting equently with remaining salad essing. Serves 6

sty Tip: For spicier kabobs, arinate vegetables and Turkey moked Sausage for 30 minutes, en build skewers.

f using corn-on-the-cob or otatoes, pre-cook in boiling water r 3-5 minutes before building kewers.

SWEET AND TANGY BARBECUE SAUCE

1 8-oz. can tomato sauce
¼ cup honey
¼ cup lemon juice
1 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
1 clove garlic, minced
½ tsp. ground ginger
½ tsp. TABASCO® Sauce
¼ tsp. dry mustard

In a small bowl, combine all ingredients. Use as barbecue sauce for poultry, beef or pork. Heat any remaining sauce to a boil and serve with meat.

LIGHT 'N TASTY LOBSTER STYLE SALAD

1 8-oz. pkg. LOUIS KEMP™ LOBSTER DELIGHTS® salad style
3 to 4 fresh mushrooms, sliced
2 Tbsp. olive oil
¼ tsp. dried Italian seasoning
4 lettuce leaves
4 wedges fresh lemon
Grated Parmesan cheese

Mix Lobster Delights salad style, mushrooms, olive oil and Italian seasoning. Serve on lettuce with a good squeeze of fresh lemon juice. Top with Parmesan cheese. Makes 4 servings.

Serve all your barbecue favorites on Dixie® Livingware™ and Superware®. "Dish it out. We can take it."

CHICKEN-VEGETABLE KABOBS

¾ cup WISH-BONE® Italian or Olive Oil Classics Italian Dressing
1 lb. boneless chicken breasts, cubed
1 medium zucchini, cut into ½-inch pieces
1 large green pepper, cut into chunks

In large shallow baking dish, pour Italian dressing over chicken and vegetables; turn to coat. Cover and marinate in refrigerator, turning occasionally, at least 2 hours. Remove chicken and vegetables, reserving marinade.

Alternately thread chicken and vegetables onto skewers. Grill or broil, turning and basting frequently with reserved marinade, until chicken is done.

Makes about 4 servings.

ITALIAN GARLIC CHICKEN

½ cup MIRACLE WHIP® LIGHT Reduced Calorie Salad Dressing or MIRACLE WHIP® FREE Nonfat Dressing
½ cup KRAFT FREE® Italian Nonfat Dressing
¼ tsp. garlic powder
⅛ tsp. ground red pepper
4 boneless skinless chicken breast halves (about 1¼ lbs.)

Mix dressings and seasonings. Pour over chicken; cover. Refrigerate 20 minutes. Drain.

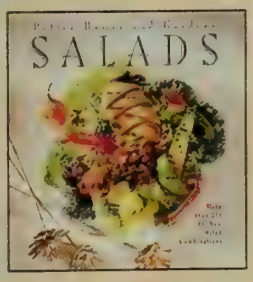
Place chicken on grill over low coals (coals will be ash gray) or rack of broiler pan. Grill or broil 10 minutes on each side or until tender. Makes 4 servings.

HONEY MUSTARD CHICKEN

½ cup MIRACLE WHIP® Salad Dressing
2 Tbsp. Dijon mustard
1 Tbsp. honey
4 boneless chicken breast halves (about 1¾ pounds)

Stir salad dressing, mustard and honey. Place chicken on grill or rack of broiler pan. Brush with 1/2 of sauce. Grill or broil 8 to 10 minutes or until tender. Makes 4 servings.

Variation:
For MIRACLE WHIP® LIGHT or MIRACLE WHIP® FREE Dressing, delay brushing sauce on each side of chicken until last 3 minutes of grilling or broiling.



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NEUTRAL TERRITORY
Bright ideas for dull rooms



PHOTO: D. RANDOLPH FOULDS. DESIGN: CHRISTINA PUGLIESE AND COHEN DESIGN. REG'L EDITOR: ESTELLE BOND GURALNICK

Beneath cozy quilts, pillows, and a dhurrie rug lie plain, neutral basics.

White walls, a white sofa, and a neutral floor offer a great decorating backdrop because they don't fight a room's accents for attention. Let neutrals ride solo, however, and they can leave you a little cold. Thaw out a white scheme with just the right accessories. The living room (*above*) shows how it's done with brighteners and inexpensive warm-ups.

BRIGHTENERS

1 Sprinkle on color. Rather than weighing down an airy scheme, small doses of color spread excitement throughout it. Drape quilts, blankets, or even scarves on the sofa and end tables. Slip a rug such as the dhurrie (*above*) under your seating group and repeat its hues on cushions and colorful lamps.

2 Pay attention to lighting. Remember, light is the most obvious brightener. Here, wall sconces highlight art. Spotlight special features with can, track, and clip-on lights. Rather than drawing attention to the light itself as one overhead fixture can, many lamps scattered about a room draw attention to the furnishings.

INEXPENSIVE WARM-UPS

3 Vary textures. The glass coffee-table top contrasts with rough baskets, soft textiles, and a woven rug. Look around your room to see which textures it lacks. Need something nubby? Add a looped or Berber rug. Fluffy throws and pillows soften a space. Wicker or a prickly plant bring in a rough element. Add glossy ceramics and sleek fabrics for smooth surfaces.

4 Pump in personality. Family photos, collected quilts, and pillows as personal as works of art say something about the people who live in this room. Let others know who you are and what you like. Choose each item (whether it's a basket, plant, paint color, or a big bowl from the kitchen) because you love it. And have fun!

5 Get mixed up. An old fireplace mantel gets a jolt of excitement from contemporary wall sconces. Bring unlikely styles together by pairing pieces with classic lines, a similar mood, or shared colors. This room's diverse pieces share country roots; contemporary touches fit in, thanks to their clean lines. Be brave in mixing finishes as well. Spice up a neutral space with unmatched table lamps. Scoot a pine table next to a glass-and-iron one. BHG

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HANG IT UP
Textiles on display

Blanket a blank wall in color using a stunning, sizable textile. Beautiful quilts, woven rugs, or unusual fabrics turn bare spots in hallways, above beds, and over sofas into arty focal points. Here's how to hang textiles on your walls.

Baste a sleeve, made from a strip of muslin or twill, to the back of a rug or blanket. Slip a rod, dowel, or wood strip into the sleeve, and hang the textile from it. Sleeves distribute stress evenly, which make them the best, most common method for hanging textiles that are in good condition (no tears or stress).



PHOTOGRAPH: JOHN VAUGHAN, REGIONAL EDITOR, BARBARA CATHCART

Hang a large textile above a bed as a headboard substitute.

- Cut a muslin strip 8½ inches wide and 1 inch longer than top of textile.
- Fold strip in half lengthwise and press. Press long raw edges under ½ inch; then press under ½ inch again. Repeat for short raw edges.
- With center fold line ¼ inch below top of textile, pin and hemstitch strip to textile back. Sew stitches at 90-degree angles to fabric and go through only one thickness of muslin.
- Hemstitch bottom of sleeve to textile, going through fabric at 90-degree angles.

Hanging tips. Here are some dos and don'ts.

- Avoid pinning and nailing textiles to a frame or wall. Pins and nails leave holes and rusty stains in fabric.
- Tabs or loops sewn to the top of a quilt or other large textile will distort it at the hanging points. Use this method for small pieces only.
- When framing fabrics, use acid-free matte board. The acid from standard matte board and paper will eventually stain textile fibers.

For more information, the booklet *Considerations for the Care of Textiles and Costumes,* by Harold F. Mailand, is available for $5 from the Indianapolis Museum of Art, Catalog Sales, 1200 W. 38th St., Indianapolis, IN 46208.



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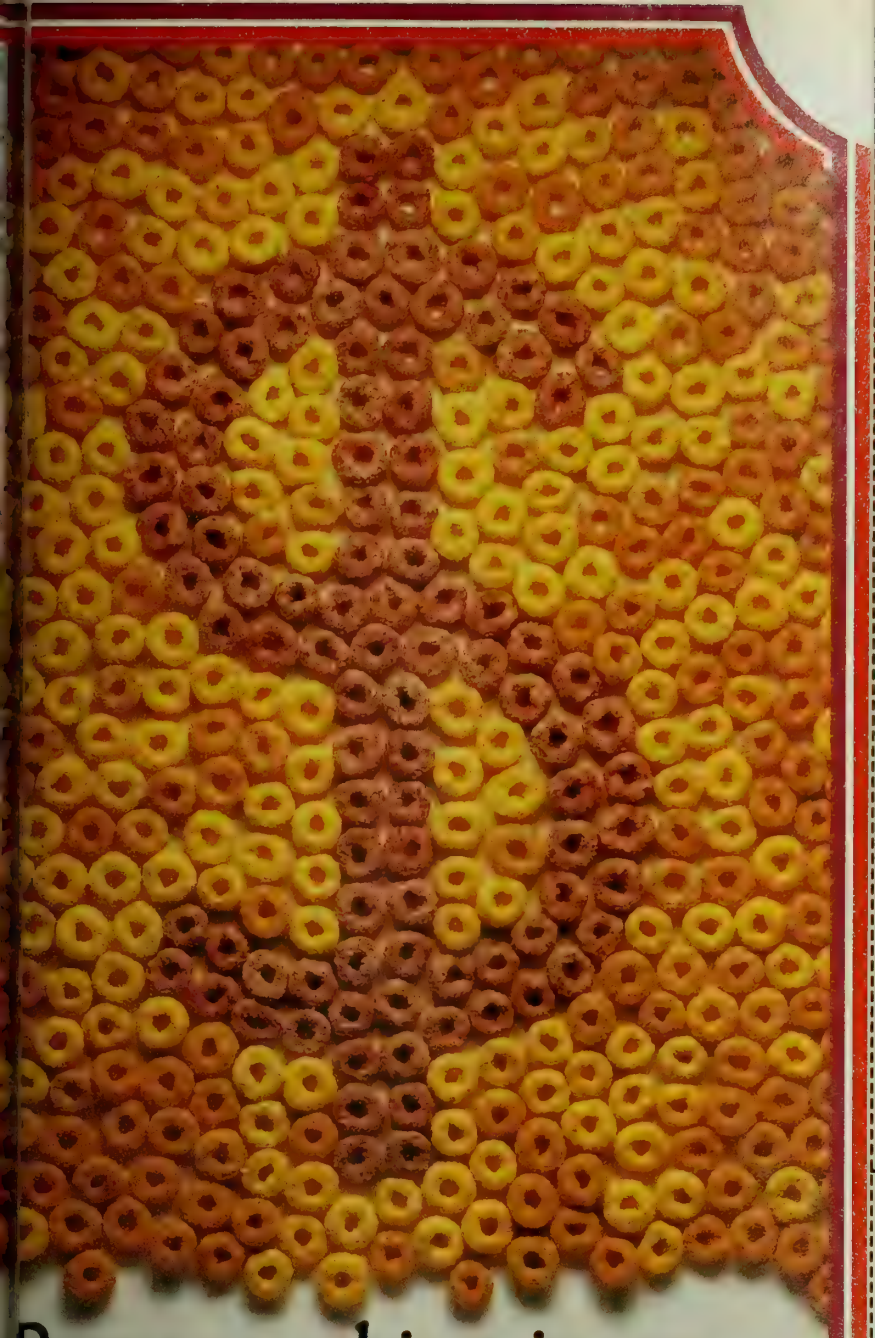
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BY MICHELLE TIBODEAU

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A rich green tapestry-inspired fabric and terra-cotta accents bring earthy warmth to an airy eating area.

continued on page Z4

An Enchanted Attic



Fresh color and pattern unite the sitting spot and sleeping niche in spirit, but area rugs define the separate spaces.

Long on odd angles and little nooks but short on floor space, this attic relaxed into a delightful oasis by putting its quirky backdrops to work. Here's how.

Up with stripes. With so many low-flying angles, this cozy sleeping-and-sitting room easily could have taken a claustrophobic turn with heavily patterned florals or a mixture of space-dividing paneling and paint. The striped wall covering, however, makes the ceiling seem higher by carrying eyes upward. Another advantage: Stripes emphasize the room's architecture by outlining angles. If your room seems overwrought with patterns, insert stripes for a restful break.

A dreamy niche. Instead of placing your bed away from windows, scoot it underneath them to dramatically frame your furniture. In this room the elegant window treatment gives the sleep niche a more charming focus than the headboard could summon alone. Three pieces combine to make the window treatment. Rose draperies frame a sheer, dotted- swiss panel that softly filters light. The topper is a single panel lined in a coordinating floral and gathered up at the corners with rosettes.

continued on page Z6



An architectural piece and layered window treatment focus attention on the bed.

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continued on page Z8

1. "Bunga" from China Seas, Inc., available through interior designers.
2. "Gluchat" fabric from Pierre Deux; 800/874-3773.
3. "Verdelite" from the Stonewall collection at Clarence House, available through interior designers.
4. "Duncan" fabric from the Small Talk collection, Waverly; 800/423-5881.
5. "Kiuru" from Marimekko; 800/962-7063.
6. "Agate" from the Stonewall collection, Clarence House, through interior designers.
7. "Bradley" fabric from the Small Talk collection, Waverly; 800/423-5881.
8. "Orient Express Abricot" from Clarence House, available through interior designers.
9. "Maisema" from the Marimekko Home Book collection; 800/962-7063.
10. "Ivy By The Yard" from Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120.
11. "Chengdu" wallcovering from The Legendary East collection by Louis W. Bowen, C & A Wallcoverings, 23645 Mercantile Rd., Cleveland, OH 44122.
12. Sun Bleached Canvas in "Spice" from Ralph Lauren, 1185 Avenue of the Americas, New York, NY 10036.
13. China Seas fabric "Lim Menggala," available through interior designers.
14. "Narrow Stripe" from Clarence House, available through interior designers.



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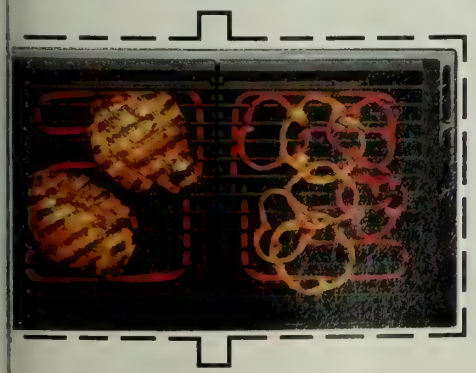
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Let the sunny attitude of yellow break through your decorating blues. This spirited color cheers and radiates windows and walls to give your room energy and an inner glow. It offers exuberance, assertiveness, and youthfulness to punch up your decorating. If a yellow streak is holding you back, dare yourself to try at least one spirit-lifter.

Paint sunshine with a "comb" and brush. Avoid a closed-in, brown-out feeling that may come with dull, gold walls. Instead, boost a room's spaciousness with vibrant yellow-and-white combed walls.

First, choose a strong, yellow high-gloss enamel, such as Sherwin-Williams "Radiance" or "Gold Gleam," for the base coat. Brush it on the walls and allow it to dry.

To comb, use a commercial painted-finish comb or make one from a rubber window scraper. (With scissors, cut half-inch-deep, half-inch-wide teeth at half-inch intervals along the scraper's rubber edge.) Paint a 20-inch-wide section of a wall with a warm, white high-gloss enamel. From top to bottom, pull the "comb" through the wet paint in one stroke. This will expose stripes of yellow paint beneath the white paint. Use a straight or a wavy pattern, such as the one shown here. (Wipe excess paint on a paper towel.)

Repeat the second stroke beside the first one. Don't comb over the edge of the wet section. Paint on the next 20-inch-wide section of white paint and repeat the combing process.

Plant a field of daffodils. If you don't want all the brightness of painted walls, use yellow in small doses. For example, think of daffodils dancing in a field of tall, green grasses. In similar fashion, scatter bright, yellow accents about a room, such as floral or striped valances, artwork, or vases, pitchers, and flowers.

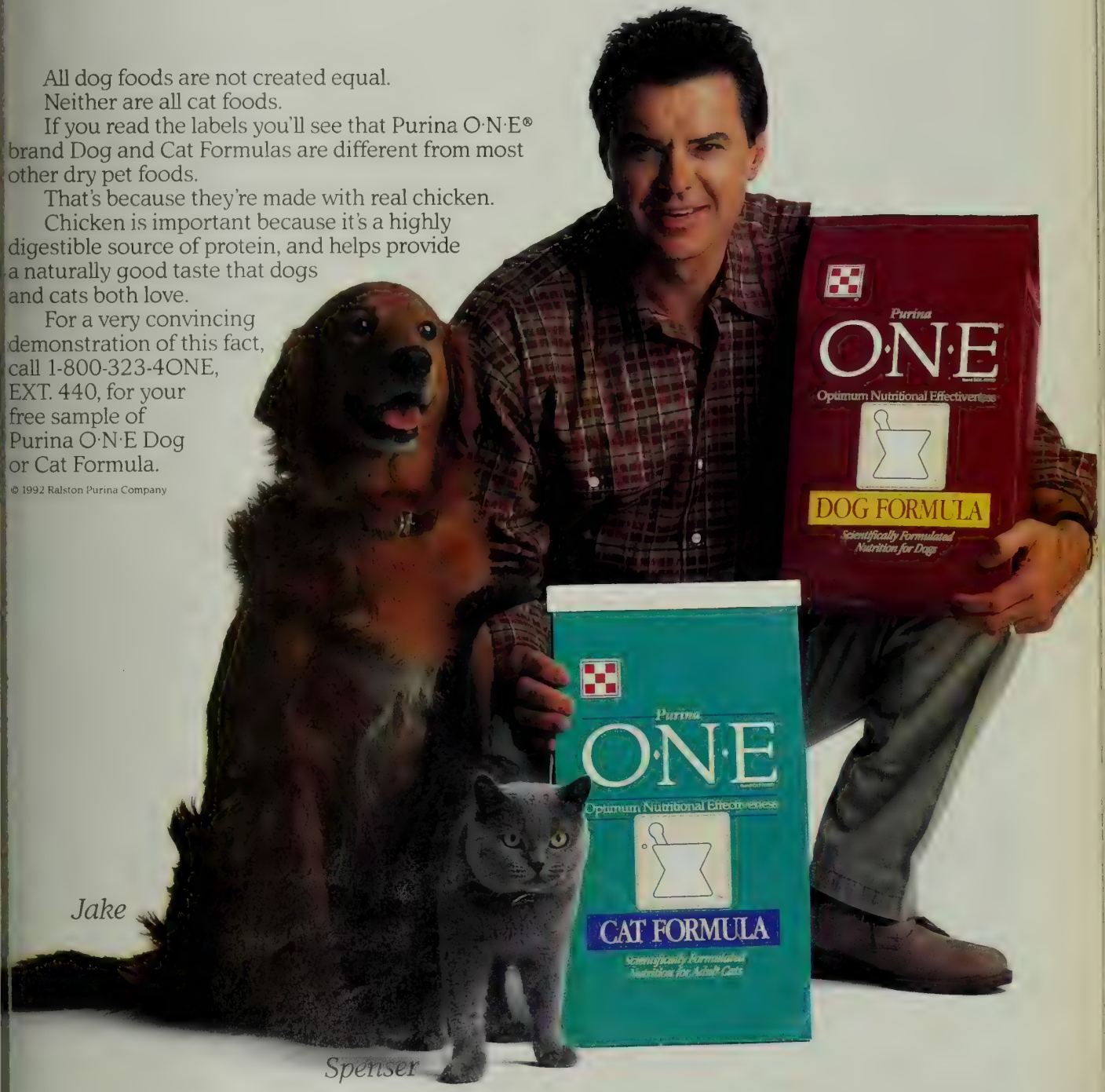
continued on page Z10

—By Rebecca Jerdee

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The Power Of Red

Red, the extrovert, stands out on the decorating palette. Always pushing forward, this color excites emotions, warms the heart, and invigorates the spirit. Large doses of red rocket a room to high levels of drama. Smaller amounts of red waken a sleeping color scheme. Merely blushing, toned-down red (pink) has a tonic effect. Picture these examples to find one that fits your comfort level.

The redder the better. A red-hot room offers warmth and coziness, especially if a fireplace is part of the scheme. Ruby paint, saturating all four walls of even a boxy modern home, gives a dramatic old-world feeling. Window coverings in a mixture of spicy reds and yellows add to the richness.

A brief encounter. Raspberry packs a punch in your entry. Friends who might not relax surrounded by strong color will express pleasure at the short spurt of exhilaration they feel as they pass through your hall to quieter rooms.

Discretion, the better part of valor. You're sensitive to the proportion of red to other colors in nature. There, reds appear in small doses, as bits of excitement among meadow greens and browns. You use red to accent, punctuate, and intensify a room scheme: a cerise dining room wall coaxes the appetite; an astonishing rose graces a window valance.

Barely blushing. A romantic, you would quickly trade the intensity of true red for airier versions of rose, heather, and lilac. White chintz fabrics colored blithely with shots of pink give you a daily minimum requirement of red.

continued on page Z12

—By Rebecca Jerdee



Environmental Treasures



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Treat Your Windows

Take the pain out of pulling together beautiful window treatments with custom coverings made especially to fit your windows—and your personal style. Here are some ideas about where you can go for help.

An interior designer or decorator will measure your windows, pore over fabric samples and styles with you, order fabrics, commission the construction of the window treatments for you, and supervise their installation when the treatments are completed. In general, a designer will help you avoid costly errors that you might make if you did the work yourself.

A drapery workroom constructs window treatments for decorators and designers, but some also work with customers directly. This route will save you money if you know what style of window treatment you want. However, if you don't know what you want, you probably won't get much in the way of design advice.

To find a professional, ask friends who designed their window treatments for them. Word of mouth is one of the quickest ways to cut down on the time it takes to search for help, especially if you like what you see in friends' homes.

Or stop in at a reputable furniture or department store where designers' services are offered free to customers when they purchase fabrics and other materials from the store. The designers may also be able to give you access to special fabrics that the store doesn't carry on a regular basis.

Check the Yellow Pages under Draperies and Curtains, Interior Decorators and Designers, and Window Coverings. When you call, ask about the professional's training and experience. He or she should be able to help you with anything from micro-miniblinds to motorized and solarized window treatments.

Ask about fees before you begin. Most interior design professionals offer free estimates for custom window treatments. Consultation time is often free, too, as long as you order materials through the designer. Many designers take their fee by buying materials at wholesale (or list) prices,





PHOTOGRAPH: JOHN VAUGHAN. DESIGN: DOROTHY SUNDQUIST. REGIONAL EDITOR: BARBARA CATHCART

Breeze through custom treatments with the pros. They "cornered" these panes into a nook.

then charging customers retail and pocketing the markup.

Custom metal miniblinds start at about $70. (Don't forget that you can get custom-size blinds and shades through mail-order catalogs, such as J.C. Penney and Sears.)

For a simple Roman shade or pinch-pleated drapery, you'll pay at least $200. To cover a window with a striking, one-of-a-kind treatment, expect to spend $400 or more. Tassels, trims, extra gathers, and European fabrics can push the price to $1,000 and beyond. If you see the prices beginning to add up, don't be afraid to ask about discounts.

Waiting for the finishing touch in your room may take a little time, so don't plan a party a week before you order your custom window treatments. If the distributor has the fabric in stock and the drapery workroom is fast, you may have your treatments in a week. More than likely, though, you'll need to wait six to eight weeks for the work to be completed.

continued on page Z15

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WINDOWS

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1-800-477-6808 between 8 a.m. and 5 p.m., C.S.T. THERE'S MORE TO SEE IN A WEATHER SHIELD WIND

*Shield is Weather Shield's name for "Clear-Shield" polymer coating.

WEATHER SHIELD
WINDOWS & DOORS

BHG-KSC

Getting The Hang Of It

Great-looking rooms take every opportunity to showcase their style. If you're looking for small show-stoppers, try pulling your curtains aside with beautiful or unusual tiebacks that give weight to your room's motifs. Here are some new ties to try.



COURTESY OF HOULES, BELOW, COURTESY OF CHRISTOPHER HYLAND, INC.

Put personality into your window treatments with tiebacks that underscore your room's style.

BUYABLES

Cording, fringe, and tassel and braid, such as the "Montespan" tiebacks (*right*) from Houlés, lend lush details to formal rooms. For a new twist, loop ties around two layers of fabric for a lavish window dress.

Snappy new tiebacks now are being forged from metal or carved from wood. For contemporary or casual rooms, wrap the copper strand of ivy from Pottery Barn (*see page Z6*) around your curtains. If your curtains are frequently opened and closed, try the gilt tieback (*below*) from Christopher Hyland, Inc. It works like a giant hook behind which you can quickly sweep fabric. For more information about the tieback, call this number: 212/688-6121.

Shop for the latest in tiebacks at specialty design stores, mail-order catalogs, custom window shops, and department stores. Many products, such as the Houlés trims, are available through local interior designers.



CREATE YOUR OWN

It's easy to improvise your own tiebacks. Just look around your room for inspiration, and have some fun experimenting. Here are a few ideas to get you started:

- Western accents. Tie back curtains with tooled leather belts or mount horseshoes on a window frame to hold draperies in place
- Men's ties. Play up a funky room with vintage neckties from used-clothing stores. Or, hang up some bow ties or tuxedo ties
- Fabric ties. Scarves, large dinner napkins, and ribbons are easy ways to tie (or knot) curtains in place
- Giant vintage buttons. Use them alone or sew them in clusters on colorful yarns or sisal cording
- Drawer knobs. Look in home decorating centers for unusual shapes. Try cut-glass knobs in a more formal setting or colorful animal-shaped knobs in a nursery
- Doorknobs. Visit salvage stores for antique doorknobs with raised designs. They will come in a variety of materials: brass, cut-glass, iron, and silver. Consider using the matching doorplate as part of the tieback
- Giant-size plastic paper clips. Brightly colored, these make fun tiebacks for a home office
- Small-scale instruments, such as French horns. Look for them in gift shops and crafts stores.

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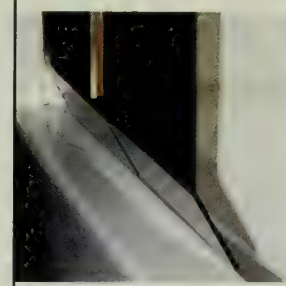
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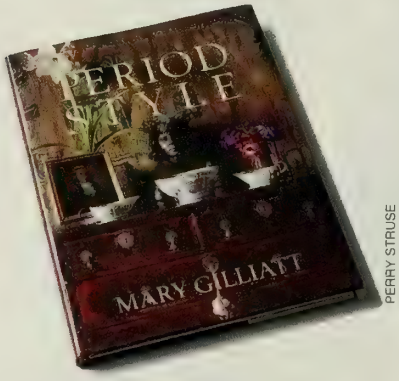


Style Encores

Learning the story behind the style is part of the fun of restoring, renovating, or simply decorating a house. Whether you're re-creating the colonial South or flavoring the sitting room with Victoriana, Mary Gilliatt's *Period Style* offers inspirational photographs and nitty-gritty design advice along with juicy historical details.

Ever wondered why wallpaper covers most Victorian rooms? The upwardly mobile middle class, eager to one-up the neighbors, used elaborate papers to create the look of wealth in their homes. The more extravagant the room, the better.

Follow Gilliatt's advice to Victorianize your home with wall coverings:

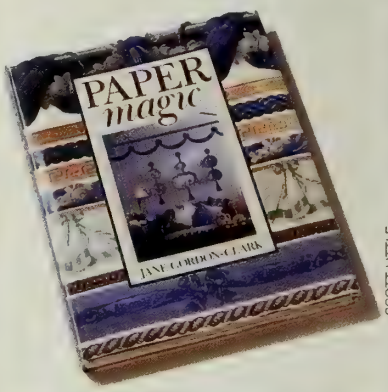


PERRY STRUSE

Use tips from *Period Style* to revive another era in your home.

- Use patterns that imitate rich fabrics, such as silk. Look for prints with bouquets of flowers tied with elegant ribbons, stylized flowers, and historic Gothic motifs
- Pick out striped, sprigged, or spotted designs for a simpler look
- Combine three or more patterns to create a rich, layered look
- Create the look of wainscoting with a different print below the chair rail
- Choose light wallpapers, such as chintz prints, for bedrooms, where Victorians used thinner, lighter, less-expensive papers.

Period Style; Little, Brown and Co.; $40; 215 pages.



SCOTT LITTLE

***Paper Magic* offers inspiration and ideas for using wall coverings in any room.**

You can narrow down the field of wall-covering choices even before you start thumbing through the sample books. How? Get an overview of the range of wall-covering styles from *Paper Magic,* by Jane Gordon-Clark. Besides showing many different types of wall coverings, it gives tips on how to best show each one off.

The section called "Borders, Dados, and Friezes," for example, pictures various ways to use these elements and offers advice for special circumstances. Here are a few secrets to make borders work in the rooms at your house.

- To visualize different ways to hang borders in your room, first take a few photographs of it. Then draw the possibilities right on the photograph
- In attics (or any room with awkward angles), use borders to emphasize and enhance unusual shapes. By outlining awkward angles, you can turn them into decorative assets
- When you work with swagged or festooned borders, start in the room's most conspicuous corner to get a perfect match there. It's unlikely the other corners will match up exactly.

Paper Magic; Pantheon Books; $40; 183 pages.

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Introducing 3M brand NewStroke™ Snap-Off Paint Brushes.

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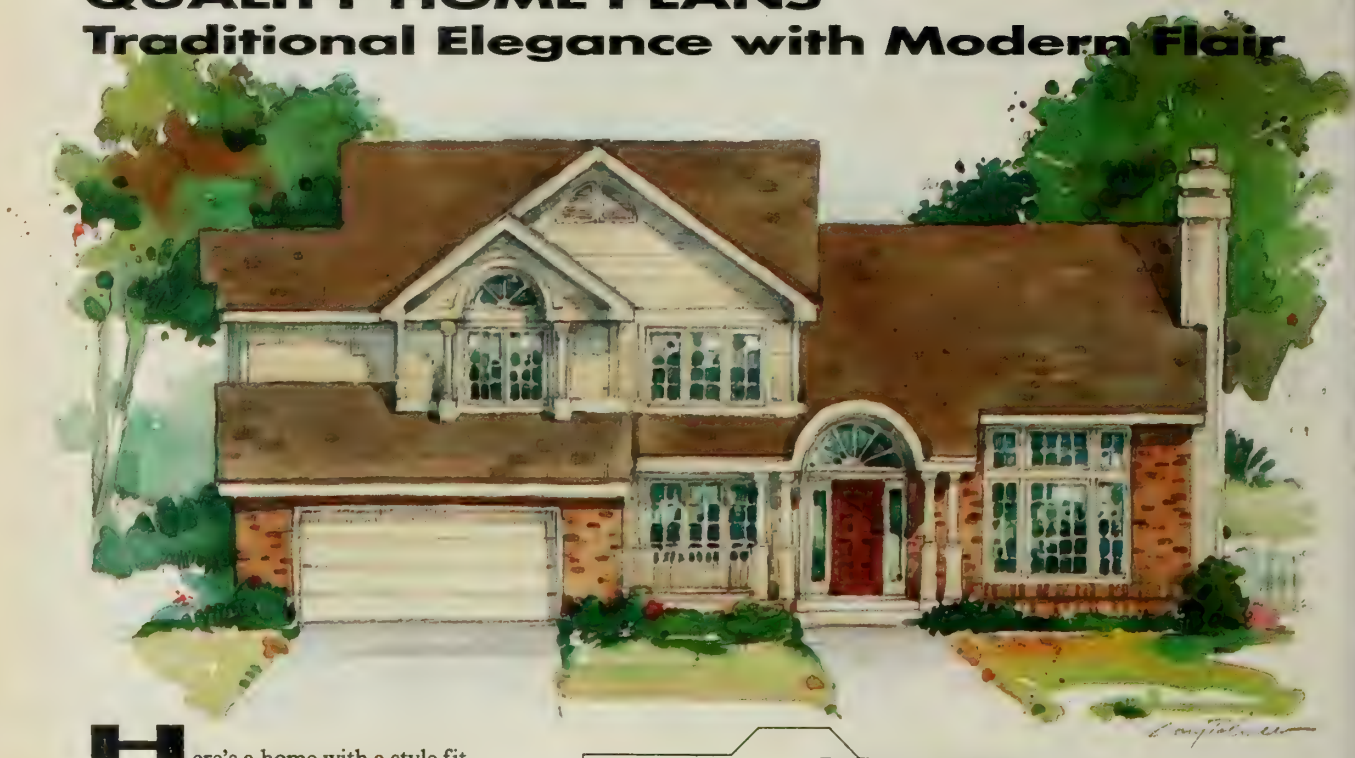
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QUALITY HOME PLANS
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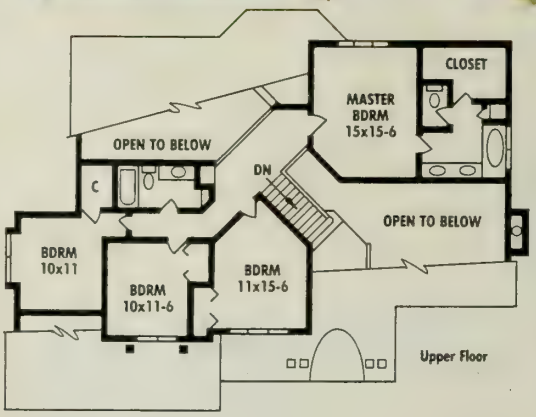
Here's a home with a style fit for any neighborhood and a terrific plan for growing families.

Outside, this home deftly displays all the elegance of homes from the turn of the century: porch columns, a barrel-roof entry, and a multipaned living room window. Inside, the floor plan offers gracious living up front, room to sprawl in back, and four spacious bedrooms upstairs.

When you enter the front door, an angled stairway greets you and turns the traffic on a diagonal for easy, unencumbered circulation. You can get to any room on the first floor without cutting through another room.

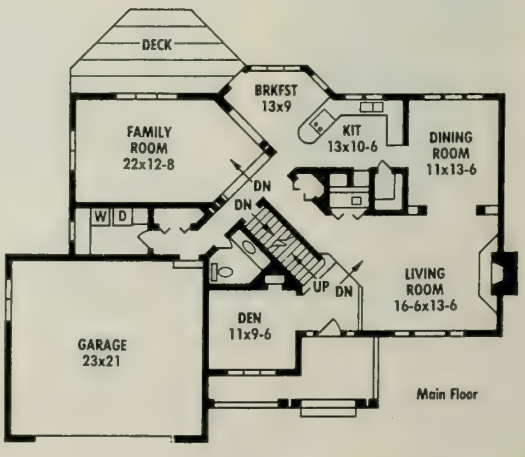
A cozy den to the left of the entry is the home's private spot downstairs. The living room boasts a vaulted ceiling, a dramatic fireplace, and an elegant staircase. A big family room with a vaulted ceiling contains enough space for all the audio/video equipment and family entertainment.

The master suite is located away from the children's bedrooms for privacy and noise control. The master bath offers comfort and ease with two sinks and space for a large tub.



Total
2,463 sq. ft.
Upper floor
1,083 sq. ft.
Main floor
1,380 sq. ft.
Garage
483 sq. ft.
Bedrooms: 4
Bathrooms: 2½

To order plan No. B-89005 contact: BHG/Home-Styles, 275 Market St. No. 521, Minneapolis, MN 55405, or call 800/848-8906. Blueprint prices: $285 for one. $335 for four. $380 for seven. Add local sales tax where applicable, and $12 for shipping and handling. For a closer look without blueprints, order the $14.95 "Study Plan" (postage included) that contains elevations and interior details.





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Your next refrigerator will have to hold food packaging yet to be designed. It will have to meet strict standards for CFC reduction. And save increasingly costly energy. Your next refrigerator really should be a Frigidaire®.

With adjustable gallon-deep door bins, glass shelves and clear-view storage compartments, it's by far the most flexible refrigerator we've ever built. Which, considering the generations of Frigidaire experience, says a lot.

And through new technology, we've cut out half the CFCs, while Frigidaire refrigerators continue to beat federal standards for energy efficiency by up to 30%.* For a look at your future refrigerator, call 1-800-451-7007. After all ...

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BUILT FOR GENERATIONS

*Our new Frigi-Foam® insulation has been chemically engineered to contain 50% less CFCs (weight per volume) compared to 1987 models. Energy consumption varies by model.

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Avoid freezer burn with ZIPLOC* Freezer Bags.

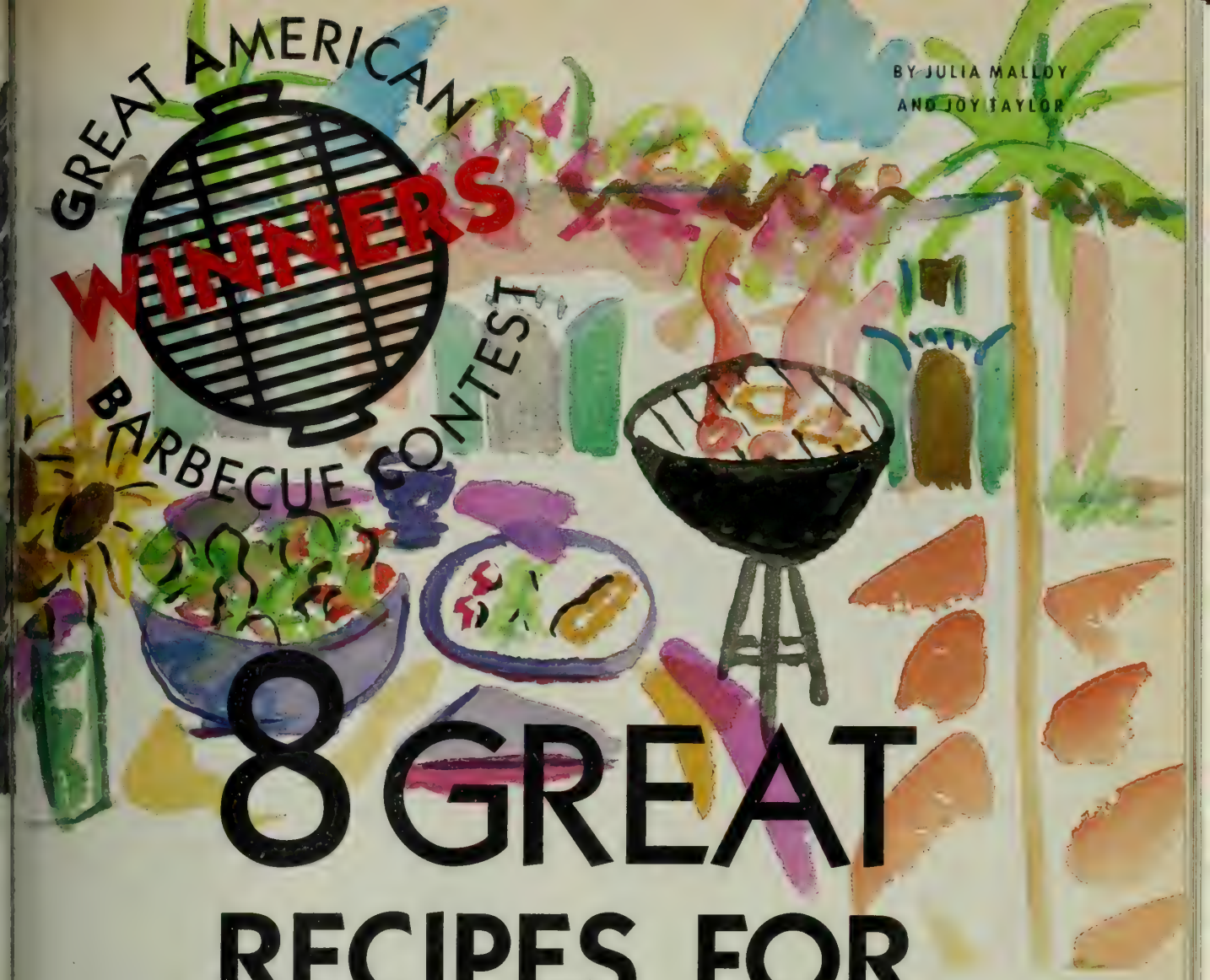
All those yummy fruits and veggies need your tender loving care. Allow me to point you to ZIPLOC Brand Freezer Bags. Only ZIPLOC has the GRIPPER** Zipper. Tough tiny teeth you can feel grip securely. So you know freshness is locked in—freezer burn's locked out.

ZIPLOC Bags are made thicker for better protection because your freezer's a cold, harsh place. Plus, our write on labels remind you how long your precious foods have been frozen, so you know they'll come out fresh and flavorful.

If you need a hand keeping your food fresh, demand the one and only ZIPLOC Freezer Bags.



There's only one Ziploc.



BY JULIA MALLOY
AND JOY TAYLOR

8 GREAT RECIPES FOR SUMMER COOKOUTS

Backyard chefs share a passion for barbecue—the letters accompanying your entries in our Great American Barbecue Contest showed us just how much. From 30-ingredient "secret" sauces to the "world's best" slaws, we were overwhelmed by your recipes. Our tasting marathon resulted in eight fabulous winners featured in this story. Enjoy them at your cookouts this summer.

Recipes begin on page 148.

BARBECUE CONTEST WINNERS GRILLED FAVORITES



TIM FIELDS

Leisla Sansom
Alexandria, Va.
$2,000 WINNER

"Cooking is an escape for me," admits top-vote-getter Leisla. "The fruity cucumber sauce and gingery chicken remind me of the delicious spice combinations used on faraway tropical islands."

PEANUT-GINGER CHICKEN



WITH CALIFORNIA SALSA *Recipes begin on page 148.*



BARBECUE CONTEST

WINNERS

GRILLED FAVORITES



Gloria Piantek
Nashville, Tenn.
$1,000 WINNER



PACIFIC RIM GRILLED PORK SALAD

Josephine's eye-catching entrée blends grilled pork with ingredients from the eastern rim of the Pacific Ocean—soy sauce, ginger, hoisin sauce, rice wine vinegar, sesame, and enoki mushrooms. Our judges asked for seconds.



SUE BEYER

Josephine B. Piro
Easton, Penn.
$1,000 WINNER

TROPICAL FIESTA STEAK

The first time Gloria created this summery steak, she served it for her son's surprise birthday party. It turned out to be as big a hit with our tasters as it was with hers.

Recipes begin on page 148.



RICHARD L. SHETLER

Ann L. Combs
New Hampton, N.H.
$1,000 WINNER

GRILLED TOMATOES WITH PESTO

Who says winning recipes have to be complicated? These hot tomatoes use only six ingredients. Ann's huge garden gave her the delicious inspiration.



BARBECUE CONTEST WINNERS GO-ALONGS

PEACHES-AND-CREAM TART



JAY GRAHAM

Rebecca Moe
Carmichael, Calif.
$2,000 WINNER

"My tart shows off the beautiful fruits we grow in California," says Rebecca. The rich macaroon crust and creamy filling make it a runaway favorite.

Recipe begins on page 153.



BARBECUE CONTEST WINNERS GO-ALONGS



LIME AND LEMON ICE CREAM

Soothe the fire from a spicy barbecue with refreshing spoonfuls of this luscious lemon-lime ice cream.



MICHAEL SCHOENFELD

Marcie Richardson
Salt Lake City, Utah
$1,000 WINNER

PECAN RICE AND FETA SALAD

Colorful pepper brighten this nutty tarragon-flavore salad. Stacey serve it with grille kabob

PORTRAIT AT RIGH JOHN MIXO

Recipes begi on page 154

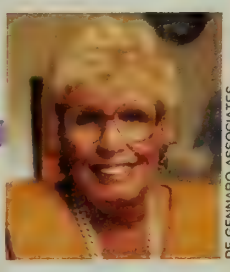


Stacey L. Swiantek
Snyder, N.Y.
$1,000 WINNER

Buying information, page 124.

TORTILLA-BLACK BEAN CASSEROLE

This layered southwestern-style casserole is hearty enough to be a main dish, but it makes a delicious side dish, too. Merry says it disappears quickly at her cookouts.



Merry Hoover
Long Beach, Calif.
$1,000 WINNER



DE GENNARO ASSOCIATES



While judging, we wrestled with the many fine points of barbecuing, but agreed on one point: America's backyard chefs are red-hot when it comes to lip-smackin' barbecue. In addition to the top eight recipes, we named the following as Honor Roll winners. Each will receive the Better Homes and Gardens® *Best Barbecue Recipes* Cookbook.

Virginia C. Anthony
Jacksonville, Fla.

Rosemarie Berger
Jamestown, N.C.

Robin Bonifay
Dallas, Tex.

Kathleen L. Boulanger
Williston, Vt.

Bunny Bundy
Defiance, Ohio

Joseph Cadena
Antioch, Calif.

Roxanne Chan
Albany, Calif.

Loanne Chiu
Ft. Worth, Tex.

Marilyn Clay
Palatine, Ill.

Walter Conklin, Jr.
Northglenn, Colo.

Betty Jo Cornelison
Portland, Oreg.

Beverley Ann Crummey
Brooksville, Fla.

Dorothy Fernau
Pinellas Park, Fla.

Ann G. Frake
Princeton, Ill.

Cherrié L. Hanby
Aurora, Colo.

Catherine Heers
Concord, Calif.

Heidi Herb
Forest Grove, Oreg.

Janet Hill
Sacramento, Calif.

Susan B. Hoisington
Coral Springs, Fla.

Kristine Holum
Rochester, Minn.

Jeanine Hughes
Seattle, Wash.

Marilyn Kayton
Naperville, Ill.

Linda Camp Keith
Carrollton, Texas

Lisa Keys
Middlebury, Conn.

Micky Kolar
Fountain Hills, Ariz.

Kathy Lee
Valley Center, Calif.

Mary Louise Lever
Rome, Ga.

Lorrie Macrate
Roswell, Ga.

Marie Mizener
Douglasville, Ga.

Betty J. Nichols
Eugene, Oreg.

Karen M. Page
St. Louis, Mo.

Daniel W. Pannebaker
Appleton, Wis.

Gloria Piantek
Nashville, Tenn.

Janice Rosen
Chelsea, Mass.

Donna L. Smith
Kalamazoo, Mich.

Teresa Hannan Smith
Sacramento, Calif.

Nancy Stafford
Asheville, N.C.

Nelly Stark
Rocklin, Calif.

Suzy Stefani
Rillton, Pa.

Debbie Ulrich
Sealy, Tex.

Maureen Valentine
SeaTac, Wash.

Grace Vincent
Westboro, Mass.

Sally J. Vog
Springfield, Oreg.

Jan Yvonne Wentworth
Smyrna, Ga.

Diane Wray
Coupeville, Wash.

Priscilla Yee
Concord, Calif.

Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

America's Dairy Farmers
© National Dairy Board 1991



"When things get hot, this is how I always help my family keep it's cool...



PASTA PRIMAVERA

Prep time: 20 minutes plus refrigerating

- ½ cup **MIRACLE WHIP** Salad Dressing
- ½ cup **KRAFT** House Italian Dressing
- ½ teaspoon Italian seasoning
- 3 cups cut up fresh vegetables
- 2 cups (5½ ounces) rotini, cooked, drained
- 4 ounces provolone cheese, cubed

Mix dressings and seasoning in large bowl. Add remaining ingredients; mix lightly. Refrigerate. Makes 6 servings.

Get cooking with MIRACLE WHIP®

© 1986 Kraft General Foods

and now, I've discovered something new to get them heated up."

–MARTHA HINES
Glencoe, Illinois



MARINATED ITALIAN GARLIC CHICKEN

Prep time: 5 minutes plus refrigerating
Cooking time: 24 minutes

- ½ cup **MIRACLE WHIP** Salad Dressing
- ½ cup **KRAFT** House Italian Dressing
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground red pepper
- 4 chicken breast halves (about 2 pounds), skin removed, if desired

Mix dressings and seasonings. Pour dressing mixture over chicken. Cover; refrigerate 20 minutes. Drain. Place chicken on grill over medium-hot coals (coals will have slight glow) or greased rack of broiler pan. Grill or broil for 10 to 12 minutes on each side or until tender. Makes 4 servings.

For a FREE recipe booklet, call
1-800-MIRACLE
Limit one booklet per household. Allow 4-6 weeks for delivery. Offer expires 7/31/92 or while supplies last.

Get cooking with MIRACLE WHIP®

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. We list the calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the Recommended Dietary Allowance (RDA) whenever values exceed 10 percent of the recommended amount. (The RDAs are dietary standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. The dietary guidelines below suggest what moderately active women should strive to consume every day (in general, active males and teenagers will need more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 3,000 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these dietary guidelines in any single day, but you and your family should try to eat a balanced diet over time.

BARBECUE RECIPES

(Recipes pictured on pages 135—144.)

PEANUT-GINGER CHICKEN WITH CALIFORNIA SALSA

Let the spicy peanut butter marinade really soak in; bathe these blue-ribbon chicken pieces overnight—

12 chicken thighs (about 3 lb.), skinned
½ cup hot water
½ cup creamy peanut butter
¼ cup chili sauce
¼ cup soy sauce
2 Tbsp. salad oil
2 Tbsp. vinegar
4 cloves garlic, minced
2 tsp. grated gingerroot *or* ½ tsp. ground ginger
¼ tsp. ground red pepper

• • •

1 cup chopped fresh fruit, such as peeled peaches, nectarines, pears, *or* plums
1 cup chopped, seeded cucumber
2 Tbsp. thinly sliced green onion
2 Tbsp. snipped parsley *or* cilantro
1 Tbsp. sugar
1 Tbsp. salad oil
1 Tbsp. vinegar
Ti leaves (optional)*
Peach, nectarine, pear, *or* plum wedges

● **Rinse chicken thighs;** pat dry with paper towels. Place chicken thighs in a nonmetal bowl; set aside.

● **For marinade,** in a small mixing bowl gradually stir hot water into peanut butter. (The mixture will stiffen at first.) Stir in chili sauce, soy sauce, the 2 tablespoons oil, the 2 tablespoons vinegar, garlic, gingerroot or ginger, and red pepper.

● **Place the chicken in a plastic bag** set in a shallow bowl. Pour marinade over chicken. Seal the bag and turn to coat chicken thighs with marinade. Chill for 12 to 24 hours, turning the bag occasionally.

● **For salsa,** in a medium mixing bowl combine chopped fruit, cucumber, green onion, parsley or cilantro, sugar, 1 tablespoon oil, and 1 tablespoon vinegar. Cover and chill for 1 to 2 hours.

● **In a covered grill arrange** *medium-hot* coals around a drip pan. Test for *medium* heat above the pan. (To test the heat of the coals, see the tip, *page 151.*) Remove chicken from marinade; discard marinade. Place chicken on the grill rack over the drip pan but not over the coals. Lower the grill hood. Grill chicken for 35 to 45 minutes or till no pink remains.

● **Serve chicken on ti leaves,** if desired. Garnish with desired fruit wedges. Spoon some salsa over; pass remaining. Makes 6 servings.

Nutrition information per serving: *342 cal., 21 g fat, 93 mg chol., 29 g pro., 10 g carbo., 550 mg sodium, 1 g fiber. RDA: 12% iron, 10% thiamine, 21% riboflavin, 56% niacin.*

***Note:** If using ti leaves, be sure they've not been sprayed or treated in a way that would make them unsafe for contact with food. Wash them well first, as you would any produce.

TROPICAL FIESTA STEAK

For an easy go-along, crinkle-cut some potato slices, season and brush them with olive oil, then grill alongside the meat for 7 to 9 minutes on each side—

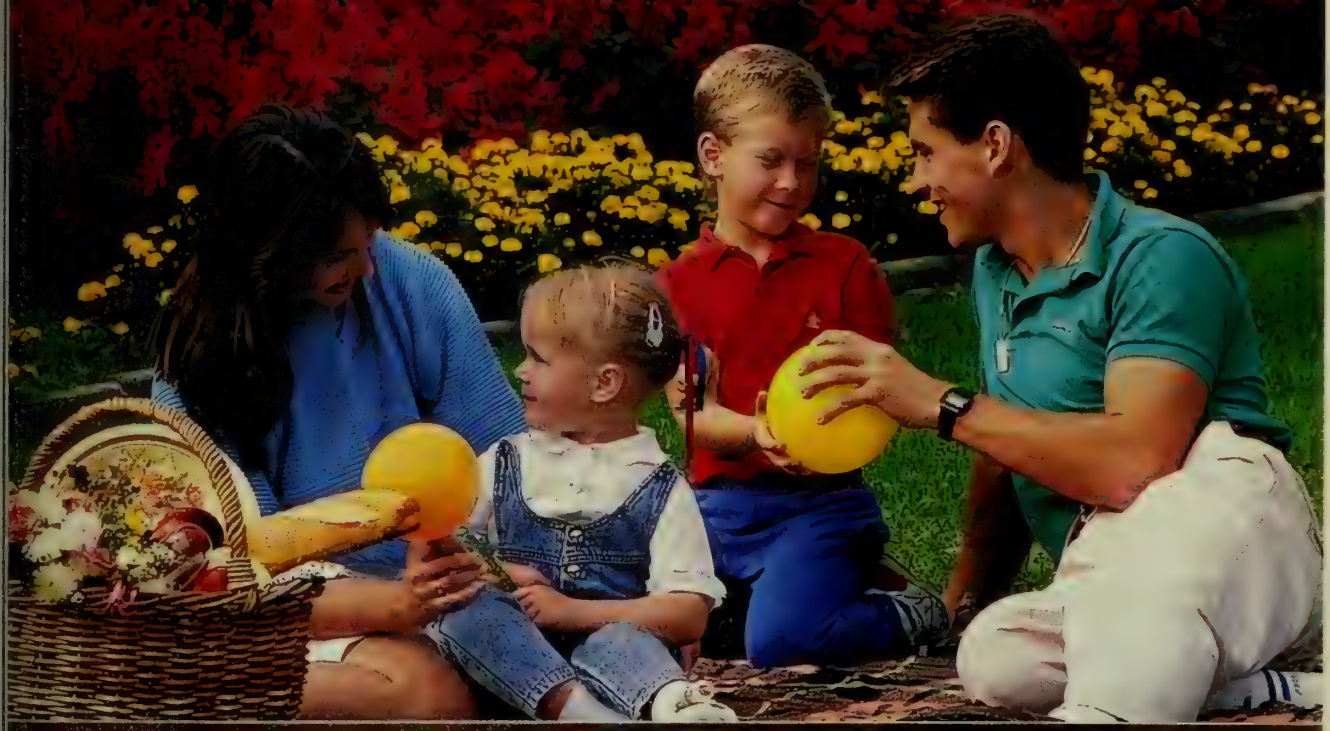
continued on page 150



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2. Send in proofs along with attached rebate form. No mechanical reproductions accepted. Only one rebate per household. Offer expires 10/24/92.

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10 proofs	$4.00

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There's a name for food this good.™

Hormel



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BARBECUE RECIPES

continued from page 148

⅓ cup frozen orange juice concentrate, thawed
3 Tbsp. cooking oil
3 Tbsp. honey
1 Tbsp. sliced green onion
2 tsp. spicy brown *or* Dijon-style mustard
1 tsp. snipped fresh mint *or* ¼ tsp. dried mint, crushed
Few drops bottled hot pepper sauce
1 1½-lb. boneless beef sirloin steak (cut 1 to 1½ inches thick)

• • •

½ cup chopped red sweet pepper
½ cup chopped red apple
½ cup chopped pear
½ cup chopped, peeled peach
¼ cup chopped celery
2 Tbsp. sliced green onion
2 tsp. lemon juice
1 recipe Pineapple-Mustard Sauce (optional)
Romaine leaves (optional)

● **For marinade,** in a small mixing bowl stir together orange juice concentrate, cooking oil, honey, the 1 tablespoon green onion, mustard, mint, and hot pepper sauce. Set aside *¼ cup* of the mixture to make the relish; cover and chill till needed.

● **Place the steak in a plastic bag** set in a shallow bowl. Pour the remaining marinade over meat. Seal the bag and turn to coat meat with marinade. Chill for 12 to 24 hours, turning the bag occasionally.

● **For relish,** in a medium mixing bowl combine the reserved ¼ cup marinade, red sweet pepper, apple, pear, peach, celery, the 2 tablespoons green onion, and lemon juice. Cover and refrigerate till serving time, up to 24 hours. If desired, make Pineapple-Mustard Sauce and chill.

● **Remove the steak** from the plastic bag, reserving marinade. Grill steak, uncovered, directly over *medium-hot* coals to desired doneness, allowing 12 to 15 minutes for medium doneness on a 1-inch-thick steak or 18 to 22 minutes for medium doneness on a 1½-inch-thick steak. (To test the heat of the coals, see the tip, *page 151.*) During cooking, turn once and brush occasionally with marinade. Season meat to taste with salt and pepper.

● **To serve, slice the steak** into thin strips; arrange on romaine leaves, if desired. Serve with fruit relish and Pineapple-Mustard Sauce, if desired. Makes 6 servings.

Pineapple-Mustard Sauce: In a small mixing bowl stir together one 8-ounce carton *pineapple yogurt*, 2 tablespoons *milk*, and 1 teaspoon *spicy brown mustard* or *Dijon-style mustard;* cover and chill till serving time, for up to 24 hours.

Nutrition information per serving: *287 cal., 12 g fat, 65 mg chol., 23 g pro., 22 g carbo., 77 mg sodium, 1 g fiber. RDA: 19% iron, 172% vit. C, 14% thiamine, 19% riboflavin, 23% niacin.*

GRILLED TOMATOES WITH PESTO

Grill these tomatoes alongside a fast-cooking meat or after you've removed a larger or slower-cooking meat from the grill. Smoked almonds add to the very

distinctive grill-smoke flavor. They can be found in the snack section of your supermarket—

- **3 whole medium tomatoes, cored and halved crosswise, at room temperature**
- **2 Tbsp. purchased pesto sauce**
- **6 very thin onion slices**
- **⅓ cup shredded Monterey Jack cheese (2 ounces)**
- **⅓ cup smoked almonds, chopped**
- **2 Tbsp. snipped parsley**
- **Parsley sprigs (optional)**

● **Using a spoon, hollow** out the top ¼ inch of tomato halves. Top *each* tomato half with *1 teaspoon* of pesto sauce and an onion slice. Arrange tomatoes in 2 foil pie plates.

● **In a covered grill arrange** *medium-hot* coals around the edge of the grill. Test for *medium* heat in the center of the grill. (To test the heat of the coals, see the tip, *above right.*) Place the foil pans containing the tomatoes in the center of the grill rack, but not over the coals. Cover and grill for 10 to 15 minutes or till the tomato halves are heated through.

● **In a small mixing bowl stir** together cheese, almonds, and snipped parsley. Sprinkle over tomatoes. Cover and grill about 5 minutes more or till cheese is melted. Season to taste with salt and pepper. If desired, garnish the tomatoes with fresh parsley sprigs before serving. Makes 6 servings.

Nutrition information per serving: *133 cal., 10 g fat, 9 mg chol., 5 g pro., 7 g carbo., 98 mg sodium, 2 g fiber. RDA: 12% calcium, 10% vit. A, 27% vit. C, 10% riboflavin.*

CHECKING THE COALS

To find out if your coals are the right temperature, first check whether you'll be cooking the food directly over the coals or indirectly (over a drip pan, not directly over the coals). Then, test the coals at the height the food will be cooking.

Hold your hand, palm side down, above the coals. Then start counting the seconds. When your hand gets too hot, withdraw it. The number of seconds you count will tell you the coal temperature.

2 seconds . . . . . hot
3 seconds . . . . . medium-hot
4 seconds . . . . . medium
5 seconds . . . . . medium-low
6 seconds . . . . . low

For direct cooking, the coals should match the temperatures above. For indirect cooking, the coals must be one level hotter to attain the correct heat over the drip pan. For example, to cook chicken indirectly on the grill rack at *medium* heat, the coals around the drip pan must be *medium-hot.*

PACIFIC RIM GRILLED PORK SALAD

Plume this salad with plums of different colors: gold, purple, and crimson—

- **⅓ cup water**
- **¼ cup dry sherry**
- **¼ cup soy sauce**
- **4 tsp. grated gingerroot**
- **3 cloves garlic, minced**
- **1 1½-lb. boneless pork loin roast, cut into ½-inch-thick slices**

continued on page 152



If you'd like to add a little European flavor to your gift-giving, send for the Austin Street Market Catalogue, P.O. Box 8505, Ukiah, CA 95482. 1-800-283-5335.

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BARBECUE RECIPES

continued from page 151

¼ cup hoisin sauce
2 Tbsp. brown sugar
2 Tbsp. salad oil
2 Tbsp. rice wine vinegar *or* white wine vinegar
1 Tbsp. toasted sesame oil
1 lb. (12 cups) torn fresh spinach
6 thin red onion slices, separated into rings
1 Tbsp. toasted sesame seed
1 lb. plums, pitted and sliced (3 cups)
Fresh mushrooms, such as enoki *or* straw mushrooms (optional)

● **For marinade,** in a small mixing bowl stir together water, sherry, soy sauce, gingerroot, and garlic. Reserve *2 tablespoons* for the dressing. Place meat in a plastic bag set in a large bowl; pour remaining marinade over meat. Close bag and turn to coat meat. Chill for 1 hour.

● **Drain meat, discarding marinade.** Grill meat, uncovered, directly over *medium-hot* coals for 10 to 12 minutes or till just a little pink remains in the center, turning once. (To test the heat of the coals, see the tip, *page 151.*)

● **For dressing,** in a saucepan stir together reserved 2 tablespoons marinade, hoisin sauce, brown sugar, salad oil, and vinegar; heat to boiling. Stir in sesame oil. Remove from heat.

● **Thinly slice meat** into bite-size strips. In a large salad bowl combine meat, spinach, onion slices, and sesame seed. Pour hot dressing over spinach mixture; toss gently to coat. Serve on salad plates; arrange plum slices around edge. If desired, top each serving with enoki or straw mushrooms. Makes 6 main-dish servings.

TIPS FOR MARINATING

Many of our winning recipes use marinades to tenderize meat or to simply add flavor. Generally, the longer you marinate, the more tender and more flavorful your meal. Here are a few other marinating pointers.

● If the marinade is first cooked, cool it to room temperature before adding the cold meat.

● Use a plastic or glass container for marinating. Acid from the marinade can cause metal to react and pit, which may discolor the food.

● A heavy-duty plastic bag is a good less-mess choice for marinating. Set the bag in a bowl (in case it leaks), then add the meat and marinade. Turn the bag occasionally to distribute the marinade.

● If you're marinating meat or poultry for over an hour, chill it.

● Before cooking, drain the meat and pat it dry with paper towels.

● During cooking, brush the marinade onto meat for more flavor. If the marinade contains sugar or ingredients that may burn, brush it on during the last 20 minutes.

● For a sauce, you can reserve any remaining marinade, but always bring it to boiling before serving.

● Marinades are not reusable. Discard any marinade not to be heated and served with the meat.



Nutrition information per serving: *301 cal., 16 g fat, 51 mg chol., 20 g pro., 21 g carbo., 1,130 mg sodium, 4 g fiber. RDA: 12% calcium, 23% iron, 67% vit. A, 50% vit. C, 57% thiamine, 30% riboflavin, 31% niacin.*

PEACHES-AND-CREAM TART

Rebecca Moe, one of our top winners, suggests baking the coconut macaroon crust early in the day (when it's cool)—

- **9 soft coconut macaroon cookies (half of a 13¾-oz. pkg.)**
- **1 cup (4 oz.) ground pecans (see note, page 154)**
- **3 Tbsp. margarine *or* butter, melted**
- **½ cup whipping cream**
- **1 8-oz. pkg. cream cheese, softened**
- **⅓ cup sugar**
- **2 tsp. dark rum *or* orange juice**
- **1 tsp. vanilla**
- **¼ tsp. almond extract**
- **2 to 4 medium peaches, peeled, pitted, and thinly sliced (1½ to 3 cups)**
- **2 Tbsp. lemon juice**



SCOTT LITTLE

To form a crust, firmly press the macaroon mixture onto the bottom and up the sides of the pan.

- **½ cup fresh raspberries**
- **¼ cup apricot preserves**
- **2 tsp. honey**

● **For crust,** crumble macaroons (you should have about 2 cups). In a large mixing bowl stir together macaroon crumbs, pecans, and margarine or butter. Press mixture onto bottom and up sides of an 11-inch tart pan with a removable bottom or into a 12-inch pizza pan (see the photograph, *left*). Bake in a 350° oven till golden, allowing 15 to 18 minutes for the tart pan or 12 to 15 minutes for the pizza pan. Cool on a wire rack.

● **For filling, chill** a medium mixing bowl and beaters of an electric mixer. In the chilled bowl beat whipping cream with a mixer on medium speed till soft peaks form; set aside.

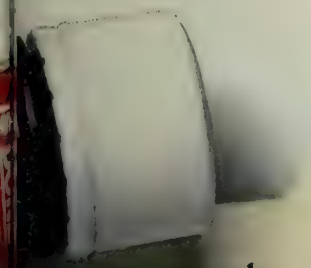
● **In a small mixer bowl beat** cream cheese and sugar with an electric mixer on medium speed till fluffy. Add rum or orange juice, vanilla, and almond extract; beat till smooth. Gently fold in whipped cream. Turn mixture into cooled crust; spread evenly. Cover and chill for 2 to 4 hours.

● **Before serving, toss peach slices** with lemon juice. Arrange peaches and raspberries over filling.

● **For glaze,** in a small saucepan combine preserves and honey; heat and stir just till melted. Snip any large pieces of fruit in the glaze. Strain glaze, if desired. Carefully brush or spoon the glaze over the fruit.

continued on page 154

cat Steak Marinade.



A.1.'s ten herbs and spices go perfectly with steak. No wonder it makes the perfect steak marinade.

MARINADES

Steak Marinade Provencale

Makes 1/2 cup

1/2 cup A.1. Steak Sauce
1 1/2 teaspoons coarsely ground black pepper
2 cloves garlic, crushed

Steak Marinade Italiano

Makes 1/2 cup

1/4 cup A.1. Steak Sauce
1/4 cup prepared Italian salad dressing
1 teaspoon garlic powder

Combine all ingredients. Use to marinate any steak for about an hour. Use marinade to baste beef while cooking.

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BARBECUE RECIPES

continued from page 153

● **If using tart pan, gently remove** sides; transfer the tart to a serving platter. Cut into wedges to serve. Makes 10 to 12 servings.

Nutrition information per serving: *384 cal., 28 g fat, 41 mg chol., 4 g pro., 33 g carbo., 119 mg sodium, 2 g fiber. RDA: 26% vit. A, 11% thiamine.*

***Note:** To grind pecans, blend or process nuts, ½ cup at a time, in your blender or food processor. Cover and process or blend till very finely chopped, but be careful not to overprocess or the nuts will form a paste.

TORTILLA-BLACK BEAN CASSEROLE

Merry Hoover uses low-fat dairy products to make her prizewinning Tex-Mex favorite more healthful—

2 cups chopped onion
1½ cups chopped green pepper
1 14½-oz. can tomatoes, cut up
¾ cup picante sauce
2 cloves garlic, minced
2 tsp. ground cumin
2 15-oz. cans black beans *or* red kidney beans, drained
12 6-inch corn tortillas
2 cups shredded low-fat Monterey Jack cheese (8 oz.)
2 medium tomatoes, sliced (optional)
2 cups shredded lettuce (optional)
Sliced green onion (optional)
Sliced pitted ripe olives (optional)
½ cup reduced-calorie dairy sour cream *or* plain yogurt (optional)

● **In a large skillet combine** onion, green pepper, *undrained* tomatoes, picante sauce, garlic, and cumin. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Stir in beans.

● **In a 13x9x2-inch baking dish** spread *one-third* of the bean mixture over bottom. Top with *half* of the tortillas, overlapping as necessary, and *half* of the cheese. Add another *one-third* of the bean mixture, then remaining tortillas and bean mixture. Cover and bake in a 350° oven for 30 to 35 minutes or till heated through. Sprinkle with remaining cheese. Let stand for 10 minutes.

● **If desired, top** with tomato slices, lettuce, green onion, and olives. Cut into squares to serve. If desired, serve with sour cream or yogurt. Makes 10 to 12 side-dish servings or 6 to 8 main-dish servings.

Nutrition information per side-dish serving: *232 cal., 6 g fat, 14 mg chol., 16 g pro., 35 g carbo., 586 mg sodium, 7 g fiber. RDA: 14% calcium, 18% iron, 45% vit. C, 15% thiamine.*

LIME AND LEMON ICE CREAM

Marcie Richardson buys fresh lemons and limes when prices are low, then freezes the juice in ice-cube trays—

8 cups whole milk
3 cups sugar
2 cups whipping cream
⅔ cup lemon juice
⅓ cup lime juice
½ tsp. lemon extract
Lemon slices (optional)
Lime slices (optional)

● **In a very large mixing bowl** combine milk, sugar, whipping cream, lemon juice, lime juice, and lemon extract; stir to dissolve sugar. (The mixture may appear slightly curdled.)

● **Freeze in a 5-quart ice-cream** freezer and ripen ice cream according to the manufacturer's directions. If desired, garnish with lemon and lime slices. Makes 4 quarts (24 servings).

Nutrition information per ¾-cup serving: *211 cal., 10 g fat, 38 mg chol., 3 g pro., 29 g carbo., 48 mg sodium, 0 g fiber. RDA: 14% calcium, 15% vit. A, and 12% riboflavin.*

PECAN RICE AND FETA SALAD

With a flavor reminiscent of pecans, the rice in this refreshing salad grows only in Louisiana, but it's available in supermarkets in the rice section—

1 7-oz. pkg. wild pecan long-grain rice
4 oz. feta cheese, crumbled
½ cup chopped green pepper
½ cup chopped yellow sweet pepper
½ cup chopped onion
⅓ cup pine nuts *or* chopped pecans, toasted
1 2-oz. jar diced pimiento, drained
¼ cup olive oil *or* salad oil
2 Tbsp. tarragon white wine vinegar *or* 2 Tbsp. white wine vinegar *plus* ⅛ to ¼ tsp. dried tarragon, crushed
⅛ tsp. pepper
Lettuce leaves (optional)

● **Cook rice** according to package directions, using 1 teaspoon *salt* as directed; cool slightly. In a mixing bowl combine cheese, peppers, onion, nuts, and pimiento; add cooled rice.

● **For dressing,** stir together oil, vinegar, and pepper; add to rice mixture. Toss gently to coat. Cover; chill for up to 24 hours. If desired, serve over lettuce. Makes 8 side-dish servings.

Nutrition information per serving: *231 cal., 13 g fat, 12 mg chol., 6 g pro., 24 g carbo., 160 mg sodium, 1 g fiber. RDA: 10% calcium, 13% iron, 33% vit. C, 21% thiamine, 12% riboflavin.*

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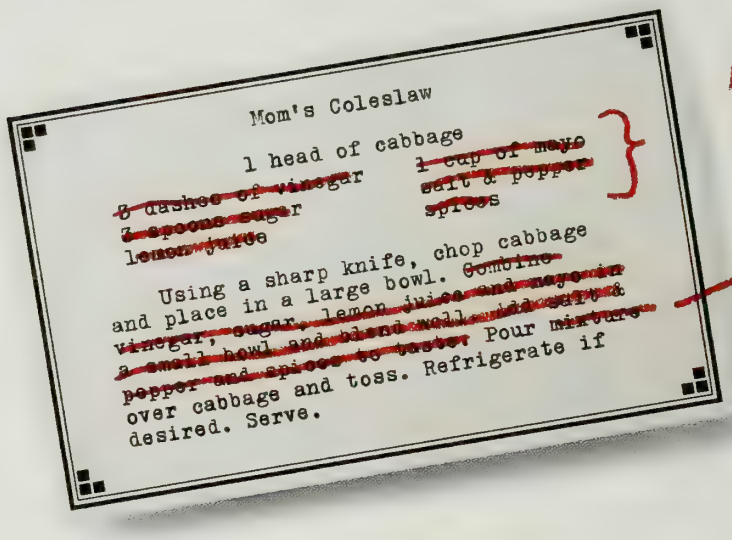
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New Coleslaw Dressing from Hidden Valley Ranch. It makes rich, creamy coleslaw deliciously easy. Just pour it over sliced cabbage and toss. So easy. For a change of pace, add shredded carrots. Or raisins. Or red cabbage for color. Or all of the above. It's easy to give coleslaw your special touch with our new Coleslaw Dressing.



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Unlike green salads, which don't last long once the dressing has been added, coleslaw can be made ahead of time. In fact, many people think it tastes even better the second day.

other things you might try are dill pickle, minced green onion or parsley, chopped fresh mint, chopped walnuts, slivered almonds, salted peanuts, sunflower seeds, poppy seeds, or caraway seeds. ¶ You can even turn your slaw into a main course with the addition of cottage cheese and julienne strips of cheddar cheese and turkey breast lunch meat. ¶ Or eliminate the cabbage entirely and make your slaw from grated cauliflower or thinly sliced green, red and yellow peppers.


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CRANBERRY-RASPBERRY SIPPER

2 cups low-calorie cranberry juice cocktail, chilled
1 cup frozen loose-pack raspberries
1 cup ice cubes
Mint sprigs (optional)

In a blender container combine juice cocktail and berries. Cover; blend till almost smooth. Sieve mixture; return to blender. Discard seeds. Add ice cubes. Cover; blend till smooth. Garnish with mint. Serves 5.

Per serving: *71 cal., 0 g fat, 0 mg chol., 0 g pro., 18 g carbo., 0 mg sodium, and 1 g fiber. RDA: 70% vit. C.*

PEACH MELON COOLER

Enjoy the fresh fruits of summer in a frosty glass of low-calorie goodness. Try other fruit combos sometime too—

1 cup fresh *or* frozen sliced peaches
1 cup cubed cantaloupe, chilled
1 12-oz. can diet lemon-lime carbonated beverage, chilled
Ice cubes
3 strawberries (optional)

In a blender container combine peaches and cantaloupe. Cover; blend till smooth. Add some of the lemon-lime beverage, if necessary, to blend. After blending, stir in remaining lemon-lime beverage. Pour over ice cubes in tall glasses. Garnish with strawberries. Serves 3.

Per serving: *43 cal., 1 g pro., 11 g carbo., 0 g fat, 0 mg chol., 5 mg sodium, and 1 g fiber. RDA: 40% vit. A, and 43% vit. C.*

COOK-TO-COOK

FROM MY KITCHEN TO YOURS



"It's the fresh peach taste I get from my homemade jam that makes the extra effort worthwhile. Long past peach season, I still enjoy luscious peach flavor, slathered on toast."

—Lisa Holderness, Associate Food Editor



PHOTOGRAPHS: SCOTT LITTLE

FRESH PEACH JAM

Jam-making sessions with my grandma and mom convinced me early in life: There's something extra special about homemade jam. The three of us enjoy this seasonal project of peeling, chopping, and mixing—especially when the result is a batch of fresh fruit jam.

During peach season, Grandma sets aside a day and cans jam for her eagerly waiting grandchildren and for her cellar (yes, she still has one). Mom usually opts for the no-cook freezer method for her jam. Either way, their jams always taste fruity and deliciously fresh.

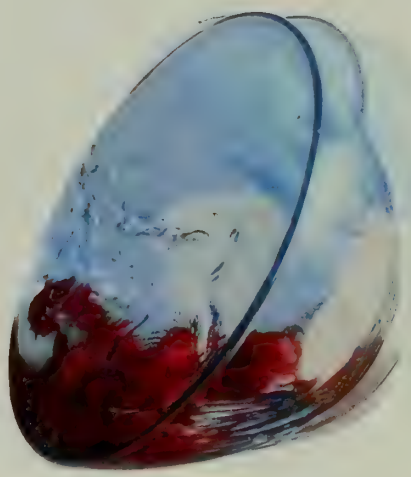
Both methods have a place in my kitchen. I enjoy Grandma's more traditional canning method when I have extra time and shelf storage space. Because the freezer version takes only about an hour, I choose it when I'm short on time.

Turn to *page 158* for step-by-step instructions on making peach jam using both of these methods.

continued on page 158



Brighter



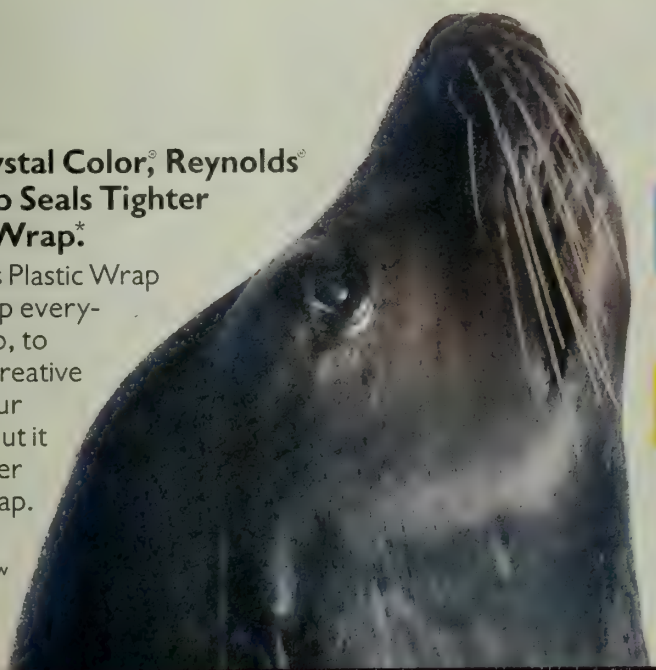
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PHOTOGRAPHS: SCOTT LITTLE

continued from page 156

COOK-TO-COOK

PEACH JAM

To cut down on calories, I use lite pectin, which requires less sugar—

3 lbs. ripe peaches* (10 to 12)
2 Tbsp. lemon juice
1 1¾-oz. pkg. lite powdered fruit pectin**
¼ cup granulated sugar
½ tsp. margarine *or* butter
3¼ cups granulated sugar

1. For equipment, you'll need 6 to 7 half-pint canning jars (check rims for chips or cracks), canning lids, a boiling-water canner (a deep kettle with a rack and lid), and a jar lifter (available in housewares departments).

2. Set rack in canner; fill half full with water. Cover; heat over high heat. Also heat a teakettle or large panful of additional water.

3. Meanwhile, wash and rinse jars thoroughly. In a sink with a plug or in a large kettle pour boiling water over jars and let stand in hot water till needed. Prepare lids according to manufacturer's directions.

4. For easy peeling, immerse peaches in boiling water for 20 to 30 seconds or till skins start to crack; remove peaches and plunge into *cold* water. Peel, pit, and finely chop peaches; measure *5 cups.* In an 8- or 10-quart kettle combine peaches and lemon juice. Combine pectin and the ¼ cup sugar; stir into peach mixture. Add margarine or butter (this reduces foaming during cooking).

5. Bring peach mixture to a full rolling boil, stirring constantly (*top photo*). Stir in the 3¼ cups sugar.

6. Return to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. With a large metal spoon, quickly skim off any foam.

7. Ladle jam at once into jars, leaving a ¼-inch headspace between jam and rims (*middle photo*). Wipe jar rims clean with a damp towel. Top with lids and screw-on bands, following manufacturer's directions.

8. When water in canner is hot, place jars on rack (*bottom photo*). When all jars are in, fill canner with more boiling water to about 1 inch over jar tops. Cover; heat to a brisk, rolling boil (when boiling, start counting processing time).



In a full rolling boil, bubbles rapidly rise to the surface and break.



When filling jars (canning method), leave a ¼-inch headspace to form a vacuum.



With a jar lifter, place jars in boiling water in a canner 1 inch apart on rack.

9. Process for 5 minutes. During processing, keep the water boiling gently; add more boiling water if the water level drops. If water stops boiling when you add more, stop counting the time, turn up the heat, and wait for a full boil before continuing counting. At end of processing time, turn off heat; remove jars. Cool on rack.

10. When jam is completely cool, check jar seals by pressing center of each lid. If dip in lid holds, the jar is sealed. Label jars. Store sealed jars in a cool, dry place and use within 1 year. Store unsealed jam (the dip in the lid did not hold) in refrigerator or freezer. Makes 6 to 7 half-pints.

Nutrition information per tablespoon: *34 cal. (0% from fat), 0 g fat, 0 mg chol., 0 g pro., 7 g carbo., 1 mg sodium.*

*Ripe, juicy, and sweet-tasting peaches are a must for jam making. To ripen, place several peaches together in a loosely closed paper bag at room temperature. Ripe peaches will give to gentle palm pressure.

**Use only lite powdered fruit pectin for these recipes. The recipe amounts are designed for this product and do not work with other pectin products.

FREEZER PEACH JAM

3 lbs. ripe peaches* (10 to 12)
1 Tbsp. grated lemon peel
1 tsp. ascorbic acid crystals
¼ cup sugar
1 1¾-oz. pkg. lite powdered fruit pectin**
3 cups sugar

Peel, pit, and finely chop peaches; measure *3½ cups* into a large bowl. Add lemon peel and ascorbic acid. Combine the ¼ cup sugar and pectin. Gradually add pectin mixture to peach mixture, stirring vigorously. Let mixture stand 30 minutes, stirring every 10 minutes. Slowly stir the 3 cups sugar into peach mixture; stir till sugar dissolves.

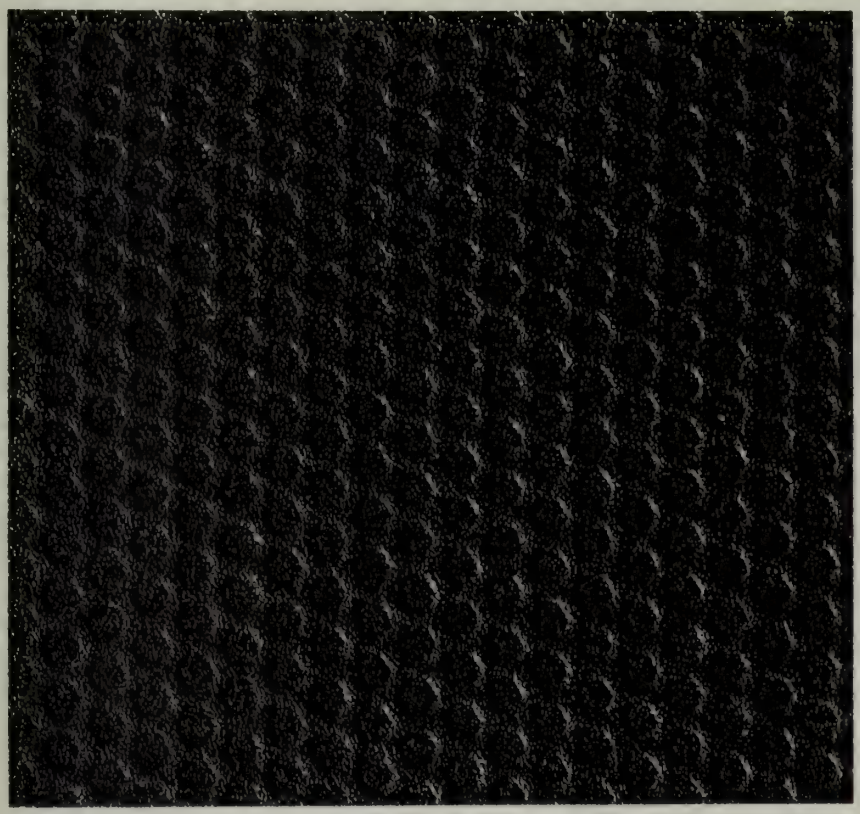
Ladle jam at once into clean jars or freezer containers, leaving a ½-inch headspace. Wipe the rims and seal. Let the jam stand at room temperature 2 hours or till set. Label. Chill up to 3 weeks or store in freezer up to 1 year. Makes 4½ cups.

Nutrition information per tablespoon: *40 cal. (0% from fat), 0 g fat, 0 mg chol., 00 g pro., 11 g carbo., 0 mg sodium.*

To make our cookware last longer, we put hundreds of holes in it.

roducing Resistal® from T-Fal.® Which results in cookware with 35% up to twice as resistant to warping

most techno- ically advanced cept in non-stick kware that's ever n made.



What's more, 'll discover that e innovations not only in the kware's unique er surface, but its totally rev- tionary outer surface as well.

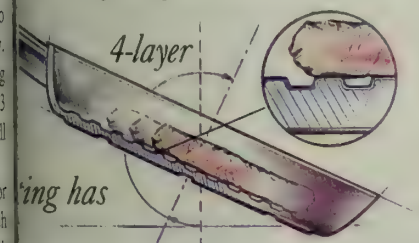
as conventional cookware. So over time your cookware stays in perfect contact with the heat source for higher quality cooking.

Given all our new Resistal technology has to offer, it's not surprising that a company like T-Fal has become the leading brand of non-stick cookware.

And that's something nobody in the world can poke holes in.

The Inside Story

Inside, you'll find our totally new 4-layer



ing has nique honeycomb texture. It s reduce the continued abrasion sed by contact with kitchen s like spatulas and spoons.

higher scratch resistance for virtually trouble-free cleanups.

The Outside Story

Outside, the new Resistal porcelain enamel tri-layer base also features something extremely unique: exclusive heat expansion channels. The result: the Resistal base is



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Finally, A Turkey Smoked Sausag That Tastes Better Than Turkey Smoked Sausage.

Let's face it, who knows more about making a better-tasting sausage than Hillshire Farm? And our Turkey Smoked Sausage is no exception.



You see, our Turkey Smoked Sausage is made from premium quality cuts of skinless turkey. And then we beef up that turkey by adding just a bit of hand-trimmed beef for more zest and flavor.

Then we smoke our sausage over hardwoods for hours to bring all that great flavor out. The result is a remarkably better-tasting Turkey Smoked Sausage.

And besides being better tasting, Hillshire Farm Turkey Smoked Sausage is also better for you. It's 90% fat free.

So if you like Turkey Smoked Sausage or even if you don't like Turkey Smoked Sausage or even if you've never tried Turkey Smoked Sausage, you'll love our Hillshire Farm Turkey Smoked Sausage—it tastes better than Turkey Smoked Sausage.

Hillshire Farm®

Taste The Difference When It Comes From Hillshire Farm®



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COOK'S GUIDE TO RHUBARB

Hurry—before spring ends—and pick some rhubarb from your backyard or the supermarket to fix a delicious dessert. Also known as pieplant because it is so popular in pie, rhubarb is too tart to be eaten raw. Cooked with sugar, rhubarb has a sweet-sour taste reminiscent of apricot, strawberry, and lemon.

- **Select crisp, young rhubarb stalks that are tender and firm. If the stalks look wilted or are very thick, don't pick them. If you grow your own plants, do not eat the green leaves—they are poisonous.**
- **Store raw rhubarb, tightly wrapped, in the refrigerator. It will stay fresh for about one week. Or, to freeze fresh rhubarb, slice the stalks into 1-inch pieces. Blanch in boiling water for 1 minute. Cool quickly in cold water; drain. Pack in freezer containers, leaving headspace. Freeze for up to 6 months.**
- **One pound raw = 3 cups sliced.**



© 1992 Kraft General Foods, Inc.

It's more than just the zest in your salad...

RHUBARB 'N' DUMPLINGS
Microwave quick

Once your fresh rhubarb is trimmed and cleaned, cook it into this old-fashioned sweet that's capped with tender dumplings. For a little taste of heaven, add a scoop of vanilla ice cream to each serving.

CARAMEL RHUBARB 'N' DUMPLINGS

- **¾ cup packed brown sugar**
- **¼ cup granulated sugar**
- **3 Tbsp. cornstarch**
- **3 Tbsp. margarine *or* butter**
- **3 cups sliced rhubarb**
- **1¼ cups all-purpose flour**
- **¼ cup granulated sugar**
- **1½ tsp. baking powder**
- **¼ cup margarine *or* butter**
- **⅓ cup milk**
- **2 tsp. granulated sugar**
- **¼ tsp. ground cinnamon**


SCOTT LITTLE

Serve warm with ice cream—wonderful!

In a 2-quart microwave-safe casserole combine 1¼ cups *water,* the brown sugar, the first ¼ cup granulated sugar, cornstarch, and the 3 tablespoons margarine or butter. Add the sliced rhubarb. Micro-cook, uncovered, on 100% power (high) for 7 to 9 minutes or till mixture is thickened and bubbly, stirring after every minute. Cover casserole to keep warm.

In a bowl combine flour, remaining ¼ cup granulated sugar, baking powder, and ¼ teaspoon *salt.* In a custard cup micro-cook the remaining margarine about 45 seconds or till melted; add to dry ingredients along with milk. Mix just till blended. Drop batter by rounded tablespoonfuls onto hot rhubarb mixture. Cover with waxed paper; cook 5 to 6 minutes or till dumplings are done, giving the dish a half-turn once. Stir together the 2 teaspoons sugar and cinnamon; sprinkle over dumplings. Serve warm. Makes 8 servings.

Nutrition information per serving: *318 cal., 11 g fat, 1 mg chol., 3 g pro., 54 g carbo., 2 g fiber, 207 mg sodium. RDA: 10% vit. A, 10% iron.*

Surprise! A cup of yogurt has more potassium than a banana.



One 8 oz. cup of non-fat yogurt has more potassium than a banana, along with half your daily calcium requirement and many other essential nutrients.* So drink your milk. Have some yogurt. Enjoy the natural goodness of dairy foods—for life.

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America's Dairy Farmers. National Dairy Board. ©1991 NDB

*Protein fortified non-fat yogurt. Calcium requirement based on U.S. RDA for women over 24.

COOK'S GUIDE TO SCALLOPS

Considered one of the sea's greatest gifts, scallops offer a sweet, delicate flavor and tender texture. Treat yourself to these seafood gems year-round. They're equally delicious sauced or sautéed.

- **Varieties: The two most common are sea scallops (as large as 2 inches across) and bay scallops (about a half inch across). Both types have lean, firm meat and can be used interchangeably in recipes. The bay may be slightly more tender.**
- **Selecting and storing: Scallops should be firm and free of excess cloudy liquid. They should also smell sweet. Spoiled scallops have a strong sulfur odor. Chill fresh shucked scallops covered with their own liquid in a closed container for up to two days.**
- **Cooking ideas: Boil, sauté, or use in soups, chowders, and sauces. Try substituting scallops for other seafood and fish in favorite dishes.**

It's the spice in your spread.

- Stir 1 envelope Good Seasons® Salad Dressing Mix into 1 stick (½ cup) softened butter or margarine.
- Serve on hot cooked vegetables or pasta.

You Make It Fresh. You Make It Best.™



SPLURGE ON SEAFOOD
With easy, elegant scallops



Turn scallops into this impressive entrée in less than 30 minutes.

For a special-occasion evening, simmer sweet scallops in a rich cream and tomato sauce. Color these delicate morsels with sweet peppers and arugula.

SCALLOPS WITH ARUGULA

- **1 lb. fresh *or* frozen bay *or* sea scallops**
- **3 large sweet yellow *and/or* red peppers**
- **2 Tbsp. margarine *or* butter**
- **1 clove garlic, minced**
- **4 cups loosely packed arugula *or* spinach, stems removed and torn (2 oz.)**
- **½ cup whipping cream**
- **2 Tbsp. tomato paste**
- **2 Tbsp. lime juice**

Thaw scallops, if frozen. Rinse scallops and pat dry; halve large ones. Slice peppers lengthwise into ½-inch-wide strips.

In a large skillet melt the margarine over medium-high heat. Stir-fry the peppers and garlic 4 to 5 minutes or till tender. Add arugula; stir-fry 30 seconds or just till wilted. Spoon atop 4 plates. Cover; keep warm.

To same skillet add cream and tomato paste. Bring to boiling; add scallops. Simmer, uncovered, 3 to 4 minutes or till scallops are opaque. With slotted spoon, arrange scallops atop vegetables. Bring cream mixture to boiling. Whisk briskly for 1 minute or till slightly thickened. Add lime juice, ¼ teaspoon *salt,* and ¼ teaspoon *pepper.* Spoon over scallops. Serves 4.

Nutrition information per serving: *298 cal., 18 g fat, 78 mg chol., 22 g pro., 13 g carbo., 3 g fiber, 475 mg sodium.*



Tappan ranges are for people who love to cook, but hate to clean. Let's say you're making a pasta dinner for eight. Our sealed gas burners are powerful enough to get a giant pot of water boiling fast, and precise enough to keep



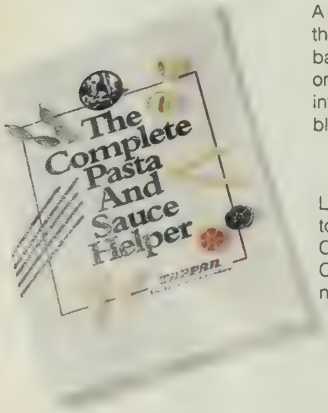
Try Tortellini, Penne, or Wheels instead of spaghetti sometime—their grooves and flat surfaces help hold more delicious sauce.

The Tappan Scrub-Saver™ Gas Range. Let The Tomato Sauce Fly.

sauce simmering delicately. And let's face it, bubbly sauce is going to fly. Which is no problem when you're cookin on the easiest-to-clean gas range ever made. Because Tappan cooktops and control pane are virtually seamless. And since the crevices, cracks, and ugly vents that like to catch flyin sauce are eliminated, so is the scrubbing. Tappan Scrub-Saver ranges. Designed for peop who love to cook. By people who feel the same.



A pinch of oregano, thyme, rosemary, and basil instantly turns ordinary tomato sauce into your own unique blend.



Learn everything from buying the right kind of pasta, to making sauces and other pasta dishes with "The Complete Pasta and Sauce Helper," a Tappan Cook's Helper guide. For your free copy and your nearest Tappan dealer, call 1-800-537-5530.

TAPPAN®

For The Love Of Cooking

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COOL-DOWN SOUPS

Like an icy glass of lemonade, chilled soups go hand in hand with lazy summer meals. Plus, you can make them the night before and chill till serving time.

CHILLED CARROT SOUP

1 pound carrots, peeled and chopped
1 14½-ounce can chicken broth
Dash ground ginger
½ of an 8-ounce carton dairy sour cream
Celery leaves (optional)

In a medium saucepan cook carrots in ½ cup *water* for 15 to 20 minutes or till very tender. Drain in a colander. Turn carrots into a blender container or food processor bowl. Cover; blend or process till carrots are smooth.

Turn carrots into a large mixing bowl. Stir in the chicken broth, ground ginger, and ¼ teaspoon *white pepper.* Cover and chill in the refrigerator for 2 to 24 hours.

Before serving, stir in sour cream. Top each serving with celery leaves. Makes 4 to 6 servings.

Nutrition information per serving: *122 cal., 7 g fat, 13 mg chol., 4 g pro., 12 g carbo., 3 g fiber, 378 mg sodium. RDA: 581% vit. A, 11% vit. C.*

HONEYDEW-LIME SOUP

Serve with assorted cheeses—

½ of a medium ripe honeydew melon
⅔ cup water
¼ cup frozen limeade concentrate
1 8-ounce carton vanilla yogurt
Thin strips of prosciutto ham
6 small, thin slices ripe honeydew melon

Remove seeds from melon half; discard seeds. Scoop melon pulp into a blender container or food processor bowl (you should have about *2½ cups* pulp). Add water and limeade. Cover and blend or process till smooth.

Turn mixture into a large mixing bowl. Stir in yogurt. Cover and chill for 2 to 24 hours. Top each serving with a strip of prosciutto tied around a melon slice. Makes 6 servings.

Nutrition information per serving: *106 cal., 1 g fat, 4 mg chol., 3 g pro., 23 g carbo., 1 g fiber, 94 mg sodium. RDA: 56% vit. C, 10% thiamine.*

It's the spring in your chicken.

- Pour 1 cup prepared Good Seasons® Honey Mustard Dressing over 2½ lbs. chicken in large bowl.
- Refrigerate 3 hours to marinate.
- Remove chicken from marinade. Bake at 350° for 60 minutes.

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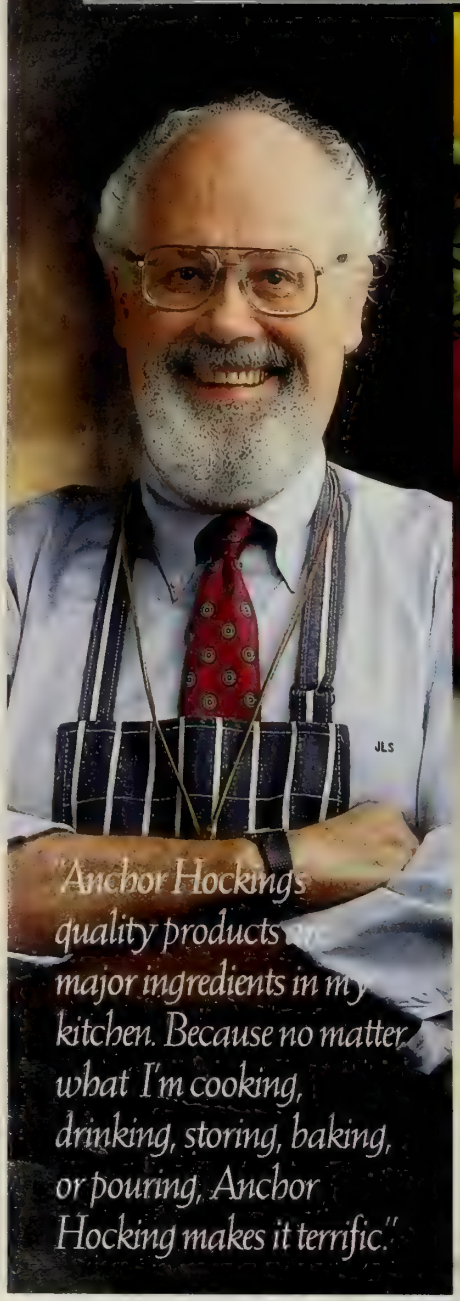
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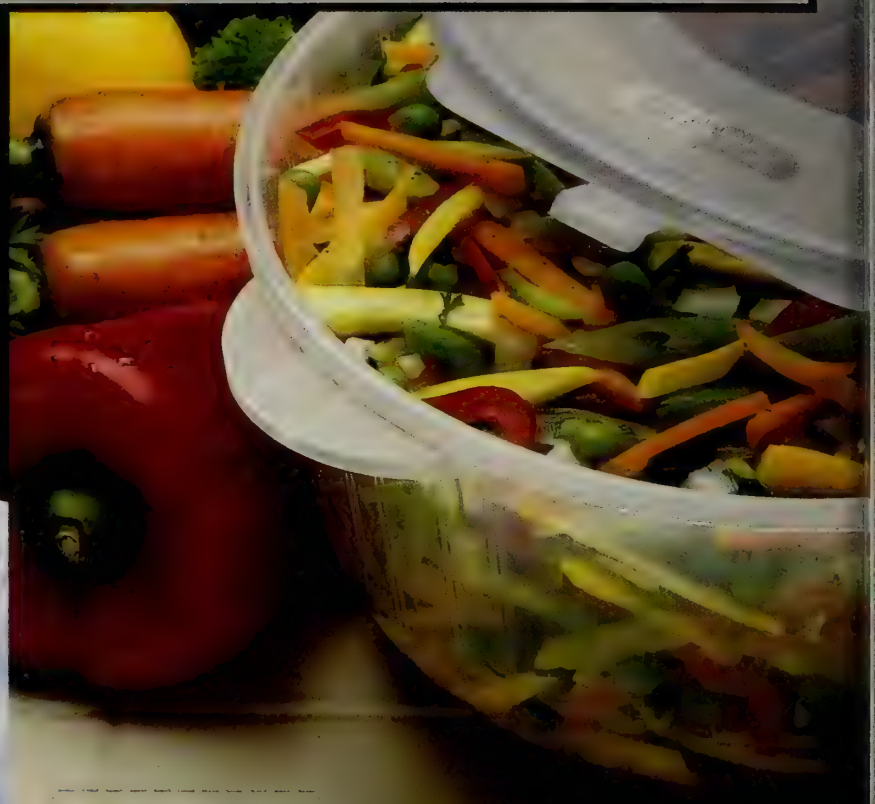
SCOTT LITTLE

Serve chilled soup as an appetizer or a light-lunch meal mate.

The Frugal Gourmet's™ healthiest salad dish.



"Anchor Hocking's quality products are major ingredients in my kitchen. Because no matter what I'm cooking, drinking, storing, baking, or pouring, Anchor Hocking makes it terrific."



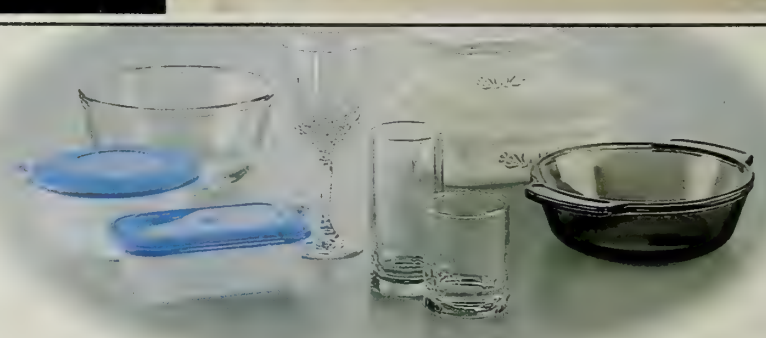
Gardener's Salad*

1 cup peeled and julienned carrots
1 cup julienned green beans
1/2 cup frozen peas
1 cup julienned green zucchini
1 cup julienned yellow zucchini
1/2 cup chopped white onion
1/2 cup cored and julienned red sweet bell pepper
Lettuce cups for serving

Dressing:
2 Tbsp. chopped parsley
3/4 cup olive oil
2 Tbsp. white wine vinegar
Juice of 1 lemon
Salt and freshly ground black pepper to taste

In a large pot of simmering water, blanch the carrots, beans, and peas for a few minutes. Drain. Rinse in cold water to stop the cooking process. Drain again. In a large Anchor Hocking Pop-Top Storables® bowl, toss the blanched vegetables with the zucchini, onions, and peppers. Mix together dressing ingredients; add to vegetables and toss well. Store and refrigerate in the same bowl. Serve in lettuce cups, or store in 2-cup Pop-Top Storables for easy, portable lunches. ANCHOR HOCKING

* From *The Frugal Gourmet's Culinary Handbook.*



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WIN MONEY FOR YOUR RECIPES
See Page 170 For Details



PRIZE TESTED RECIPES®

STRAWBERRY DESSERTS

File under Desserts
June, 1992

$200 WINNER *Bettie Brown, Casa Grande, Ariz.*

FRIED STRAWBERRIES WITH HONEY CREAM

While visiting Scotland, Bettie sampled fried strawberries with a velvety cream cheese sauce. After returning home, she created this delicious version—

4 cups fresh strawberries
Shortening or cooking oil for deep frying
1 cup all-purpose flour
1 Tbsp. sugar
2 beaten eggs
½ cup dry white wine (such as chardonnay *or* chablis)
2 Tbsp. cooking oil
½ cup sugar
1 recipe Honey Cream

Wash strawberries; remove stems. Pat dry with paper towels. Set aside. In a large, deep saucepan or deep fryer heat 2 inches melted shortening or oil to 375°. Meanwhile, for batter, in a medium bowl combine the flour and the 1 tablespoon sugar. Make a well in the center. Combine eggs, wine, and the 2 tablespoons oil; add to flour mixture. Beat with a rotary beater or wire whisk till smooth. Dip berries, a few at a time, into batter. Fry strawberries, a few at a time, in hot shortening or oil for 1 to 2 minutes or till golden. Remove with a slotted spoon; drain on paper towels. While still warm, roll in the remaining ½ cup sugar, if desired. Cool slightly before eating. Serve warm with Honey Cream. Makes 8 servings.

Honey Cream: In a medium bowl stir together ½ of an 8-ounce package *cream cheese,* softened; ¼ cup *dairy sour cream;* 2 tablespoons *sugar;* 2 tablespoons *honey;* and several drops *almond extract.* Transfer any leftover sauce to a storage container and chill for up to 1 week. Makes 1 cup.

Clip along here and file punched pages in your *New Cook Book.*



PRIZE TESTED RECIPES®

MICROWAVE FISH AND SEAFOOD

File under Fish and Shellfish
June, 1992

$200 WINNER *Jamie Lou Voss, San Diego, Calif.*

SEAFOOD ENCHILADAS

Serve these winning enchiladas with homemade or purchased salsa—

1 10¾-oz. can lower-sodium condensed cream of chicken soup
½ cup chopped onion
Several dashes hot pepper sauce
Dash ground nutmeg
1 10-oz. pkg. frozen chopped spinach, thawed and drained
1 8-oz. pkg. frozen crab-flavored, salad-style fish, chopped
1¾ cups shredded Monterey Jack cheese (7 oz.)
8 5- to 6-inch corn tortillas
1 cup milk

In a mixing bowl stir together soup, onion, hot pepper sauce, nutmeg, and dash *black pepper.* In another bowl stir together *half* of the soup mixture, spinach, fish, and *1 cup* of the cheese; set aside. Wrap tortillas in paper towels; micro-cook on 100% power (high) for 30 to 60 seconds. Place *⅓ cup* fish mixture on each tortilla; roll up. Place, seam side down, in a greased 12x7½x2-inch dish. Stir milk into reserved soup mixture; pour over enchiladas. Cook, covered, on high 12 to 14 minutes. Sprinkle with remaining cheese. Let stand 10 minutes. Garnish with *cilantro,* if desired. Serves 4.

Nutrition information per serving: *510 cal., 24 g fat, 30 g pro., 1,272 mg sodium.*

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TO ADD TO YOUR COOKBOOKS
Edition of the famous red plaid *New Cook Book* has 1,500 recipes. The solid-red

PRIZE TESTED RECIPES®

MICROWAVE FISH AND SEAFOOD

File under Fish and Shellfish
June, 1992



$100 WINNER *Harriette Peterson, Alvin, Tex.*

FISH FILLETS WITH GINGER-DILL SAUCE

This ginger-and-shrimp dill sauce complements any variety of fish—

- ⅓ cup mayonnaise *or* salad dressing
- 2 Tbsp. dairy sour cream
- ½ tsp. minced dried onion
- ¼ tsp. ground ginger
- 1 tsp. snipped fresh dillweed *or* ¼ tsp. dried dillweed
- Dash salt
- ¼ cup peeled, cooked small shrimp (fresh-cooked or canned)
- 1 lb. fresh *or* frozen fish fillets, thawed (such as cod, sole, *or* flounder
- 1 Tbsp. margarine *or* butter
- Lemon wedges (optional)
- Fresh dill sprigs (optional)

In a small bowl stir together mayonnaise or salad dressing, sour cream, minced onion, ginger, dillweed, and salt. Stir in shrimp; set aside. Place fillets in a 12x7½x2-inch microwave-safe baking dish. Dot with margarine. Cover with waxed paper. Micro-cook on 100% power (high) for 5 to 7 minutes or till fish just begins to flake easily, turning dish once. Spoon sauce atop fish. Cover; cook on high for 1½ to 2 minutes more or till sauce is heated through. Serve with lemon wedges and garnish with fresh dill sprigs, if desired. Makes 4 servings.

Nutrition information per serving: *269 cal., 20 g fat, 73 mg chol., 21 g pro., 1 g carbo., 252 mg sodium, 0 g fiber. RDA: 10% vit. A, 15% niacin.*

Buying information, page 124.

PRIZE TESTED RECIPES®

STRAWBERRY DESSERTS

File under Desserts
June, 1992



$100 WINNER *Patricia A. Zeeb, El Cajon, Calif.*

BERRY MERINGUE PIE

Strawberries, chocolate, pecans, and whipped cream fill this crisp meringue crust—

- 3 egg whites
- 1 tsp. almond extract
- ½ tsp. baking powder
- ¾ cup semisweet chocolate pieces
- ½ cup chopped pecans
- ¾ cup sugar
- 1 cup crushed rich round crackers (about 23 crackers)
- 1 cup whipping cream
- 2 Tbsp. sifted powdered sugar
- ½ tsp. vanilla
- 2 cups sliced strawberries

In a large mixing bowl combine egg whites, almond extract, and baking powder. Let mixture stand at room temperature for 30 minutes. Meanwhile, mix *2 tablespoons* of the chocolate pieces with *2 tablespoons* of the pecans; reserve for garnish. Coarsely chop remaining chocolate and finely chop remaining pecans. Combine and set aside.

Beat egg white mixture with an electric mixer on medium speed till soft peaks form. Add sugar, *1 tablespoon* at a time, beating on high speed till very stiff peaks form.

In a medium mixing bowl combine the coarsely chopped chocolate-and-pecan mixture and the crushed crackers. Fold cracker mixture into egg whites. Spread meringue into a greased 9-inch pie plate, building up sides slightly. Bake in a 350° oven about 25 minutes or till top is golden. Cool completely. In a medium mixing bowl combine whipping cream, powdered sugar, and vanilla. Beat on low speed till soft peaks form. Fold in *1½ cups* of the sliced strawberries; spoon atop cooled meringue. Top with remaining strawberries and reserved chocolate-pecan mixture. Serve immediately or chill for up to 24 hours. Makes 8 servings.

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And, being the perfectionists that we are, Uncle Ben's insists that each and every grain be inspected, making sure that all the rice is perfect. Perfect in every form: Original, Fast Cook, and Boil-In-Bag.

INSPECTED BY 14

The way times change, it's nice to know that quality like that hasn't changed one bit. Come to think of it, it's that kind of quality that made *Uncle Ben's® Converted®* Brand Rice more than just a part of American cooking, but part of a legend, as well.



UNCLE BEN'S REALLY DOES MAKE A DIFFERENCE.™



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WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

TWO TOP WINNERS: $200
TWO RUNNERS-UP: $100
SIX HONOR ROLLS: GLORIA JEAN'S COFFEE PRODUCTS

How would you like to win cash or products for your home? Just send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Breakfast and Brunch Favorites

For weekend brunches, do you prepare your recipe the night before? Do you jazz up convenience products? Breakfast sandwiches, coffee cakes, eggs, and other a.m. dishes qualify.

Tex-Mex Entrées

Calling all spice lovers! Send us your recipes with Tex-Mex influence. Is it a new twist on an old favorite? Does it start from scratch or is it a mix fix-up?

WINNERS IN THIS ISSUE (pages 167 and 168)

$200 Winners

Bettie Brown, *Casa Grande, Ariz.*
Jamie Lou Voss, *San Diego, Calif.*

$100 Winners

Harriette Peterson, *Alvin, Tex.*
Patricia A. Zeeb, *El Cajon, Calif.*

Honor Roll Winners

Each received Rubbermaid cookware.
Deborah Hibbard, *Wilmington, Del.;* Doris Hunt, *Parkville, Md.;* Jeanne Mamigonian, *Tehachapi, Calif.;* Roberta McAfee, *Milwaukie, Oreg.;* Hyacinth Rizzo, *Snyder, N.Y.;* Barbara Taylor, *Pebble Beach, Calif.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** For each entry, print your name, address, and recipe marked "January Breakfast and Brunch Favorites" or "January Tex-Mex Entrées." Specify brands used and recipe origin. **3.** Address recipes to 9301 Food Dept., Better Homes and Gardens, Des Moines, IA 50309-3023 **4.** Postmark all entries by June 30, 1992. **5.** Winners are selected about 60 days later, then notified by mail. **6.** Recipes must be original, and are judged on creativity, taste, and practicality. **7.** Entries are not returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

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CRAB DELIGHTS INSTEAD

A FOOD EDITORS' COOKBOOK TO HELP HOMELESS FAMILIES

The growing problem of homelessness touched the hearts of the food editors at *Better Homes and Gardens*® magazine. We asked ourselves, "What can we do to give homeless families a better life?" Our answer: *Food Editors' Treasured Recipes,* a cookbook that benefits The Better Homes™ Foundation. This national nonprofit organization funds programs to help homeless families.



DELICIOUS FAVORITES

Food Editors' Treasured Recipes **is brimming with recipes that food editors serve to families and friends. They include everything from summery salads and cook-out favorites to Grandma's breads and fresh fruit desserts.**

Accompanying each recipe are personal recollections and tips from the food editors of such magazines as *Better Homes and Gardens*®, *Ladies' Home Journal*®, *Country America*®, *Midwest Living*®, *Traditional Home*™, *Country Home*®, and *Metropolitan Home*®. For example, our own food stylist, Janet Herwig, shares her eye-catching grilled chicken salad recipe, teeming with summer's most colorful fruits. Janet's recipe and each of the 115 recipes in the cookbook come with nutrition information.

HOW TO ORDER

Send a check or money order for $14.95 (plus $3 postage and handling), payable to The Better Homes™ Foundation, at P.O. Box 9236, Des Moines, IA 50306. (Iowa residents: add 72 cents state sales tax. Massachusetts residents: add 90 cents state sales tax.) Or, to order with a major credit card, call toll-free 800/962-4676. BHG



SUPER SEAFOOD SALAD

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½ cup Kraft® Mayonnaise
2 stalks celery, chopped
3 Tbsp. finely chopped onion

Cut *Crab Delights* flakes in half or shred. Combine with mayonnaise, celery and onion. Serve on lettuce or as a sandwich filling.
Makes 4 servings.

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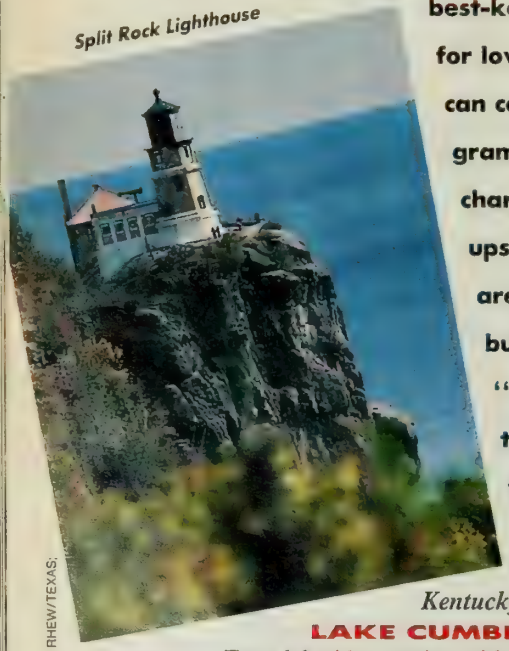
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LOW-COST VACATIONING IN GREAT STATE PARKS

BY GEORGE S. BUSH



State parks are among our nation's best-kept secrets, providing delightful getaways for lovers of the great outdoors—at a bargain-basement cost. Families can camp, swim, boat, fish, hike, watch for wildlife, and join nature programs. Some state parks even have golf courses and tennis courts. Most charge a nominal entry fee. Camping ranges from $3 to $7, and hookups run about $10 a night. What if you aren't a camper? Many parks rent cabins, but they're popular, so book early. At "resort parks," accommodations, restaurants, and recreational opportunities vie with those of expensive private resorts.



Split Rock Lighthouse



Paulo Duro Canyon "Texas" sho

Kentucky

LAKE CUMBERLAND

For a lakeside vacation with lots of family fun, it's hard to beat this resort park, 150 miles south of Louisville near the Tennessee state line. Options range from golf on a 9-hole, par-3 course to tennis, from leisurely horseback trail rides over gentle hills to boating on the lake and catching bluegills, bass, and crappies. Summer activities include guided nature walks, crafts for adults and kids, square dances, slide programs, movies, and bingo. Playgrounds teem with toddlers. An exercise room trims unwanted pounds. About the only thing lacking is a beach, but there are outdoor and indoor pools plus a spa.

The park stretches over a peninsula on the 101-mile-long lake. Fox, deer, raccoons, and a multitude of groundhogs and squirrels roam

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LEFT: MINNESOTA OFFICE OF TOURISM; RIGHT: BILL RHEW/TEXAS; ILLUSTRATIONS: CATHY LUNDEEN HUBER

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Buckle up, America!

STATE PARKS

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the area, while hawks and, occasionally, eagles swoop above.

An attractive modern lodge with a restaurant sits on a bluff amid oak, beech, and hickory forests. Furnished cottages, with kitchens and baths, and a campground with water and electric hookups are set into the woods.

From Memorial Day through Labor Day, lodge rooms run $53–$70 a night; kids under 17 free. Two-bedroom cottages cost $90–$96. Lower rates prevail off-season. Besides fishing skiffs, the park marina rents houseboats—a delightful way to meander through the lake's arms and bays, tying up for the night wherever you like. An easy-to-pilot houseboat sleeping eight costs about $640 for four midweek days.

Dept. BHG, P.O. Box 380, Jamestown, KY 42629; 800/325-1709.

West Virginia

PIPESTEM

This scenic state resort park in the Appalachian Mountains 95 miles south of Charleston, West Virginia, is an exceptional bargain. It provides the facilities of more costly private resorts—including indoor and outdoor pools, five tennis courts lit for night play, and 18- and 9-hole golf courses. It also boasts some services not normally found in parks or resorts, such as a state-licensed day-care center.

Amenities include evening nature programs, an outdoor amphitheater with music and drama, overnight trail rides, an archery range, a crafts center, 25 miles of hiking trails, and a lake with paddleboats and canoes. Everything is either free or reasonably priced. Nearby Bluestone State Park offers great fishing and waterskiing.

Four restaurants and two snack bars serve fine family fare. Accommodations are first rate: the main lodge, with a sweeping view; Mountain Creek Lodge, in a deep gorge accessible by cable car; and cozy, fully equipped two- to four-bedroom housekeeping cottages. April through October, lodge doubles cost $56 to $80; kids under 13 free; over 13, $6. Subtract $10 for off-season rates. Book cottages a year ahead; $440–$580 a week, $68–$88 a day off-season.

Pipestem, Dept. BHG, WV 25979; 800/225-5982 or 304/466-1800.

Tennessee

ROAN MOUNTAIN

The story goes that frontiersman Daniel Boone lost a roan horse on this mammoth mountain, one of Appalachia's highest, hence the peak's name. The 6,200-foot summit lords it over the North Carolina line near the northeastern tip of Tennessee. But the mountain, which shelters a 600-acre rhododendron grove, isn't really roan colored. It blazes with crimson, violet, and pink flowers, as many as 800 blossoms each on bushes up to 20 feet tall. They normally come into bloom between mid- and late June, framing vistas that stretch over four states and dozens of Blue Ridge summits.

The resort park, hugging a stream at the mountain's base, is the gateway to this wonderland. A road leads to the top; there are many hiking trails. In the park itself, you can play tennis, swim in a pool, join wildflower tours and bird walks, attend nature programs (many for kids), see folk music and dance shows, and fish for rainbows and browns, stocked biweekly.

Cabins equipped with kitchen and bath, which sleep up to six, stay open year-round. They run $50–$60 a day from Labor Day through Memorial Day. Only weekly rentals are accepted in summer: $330 for six nights. Campsites have access to bathhouses.

Rte. 1, Dept. BHG, Box 236, Roan Mountain, TN 37687; 615/772-3303.

South Carolina

EDISTO BEACH

More than a mile of beautiful, gently sloping beach is the main attraction at Edisto, 50 miles south of Charleston. The park stretches from a central section with lifeguards in summer to deserted, dune-backed strands. The water is warm enough for comfortable swimming from late May through October, and you can splash in the surf long before and after that.

For a special thrill, watch sea turtles, weighing up to 300 pounds, lumber up the beach to nest from around mid-May to the end of July. The eggs hatch in August and September.

Elsewhere in the park, you can hike a four-mile trail across and around salt marshes to an ancient Indian shell mound. Backwater creeks provide good crabbing and fishing for spot-tail bass and sea trout. Nearby you'll find two public 18-hole golf courses.

The park has a campground as well as five two-bedroom cabins, tucked in the woods behind the beach. Most campsites are first-come, first-served. A limited number may be reserved 14 days in advance.

If you prefer a cabin, make your reservations for 1993 as early as possible. Cabins rent for $305 a week from April 1 through October; otherwise, $272 a week or $51 a night.

8377 State Cabin Rd., Dept. BHG, Edisto Island, SC 29438; 803/869-2756. Campground reservations, 803/869-2156.

Georgia

AMICALOLA FALLS

Hidden from view until you are upon them, the highest cascades east of the Mississippi tumble 729 feet into a narrow chasm, their spray nurturing a veritable Eden in spring and in summer: dogwood, rhododendron, mountain laurel, and a profusion of wildflowers in all hues. A steep, paved path, immersed in this gaudy cornucopia of vegetation, climbs the gorge along the falls. Or, you can drive a roundabout road to the top of the cascades and marvel at them from above. Then, packing a picnic, hike the trail that follows the creek above the falls. Hike far enough—eight miles—and you'll reach the southern jump-off of the Appalachian Trail.

One of the loveliest parks of the eastern mountains, Amicalola Falls lies about 80 miles north of Atlanta in Georgia's least populated corner.

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STATE PARKS

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Nature programs take place year-round. Trout are stocked in the creek above and below the falls.

The resort park features a new, modern 57-room lodge with a restaurant at the head of the cascades, and 14 cottages, plus a campground, in the woods. Lodge rates range from $55 to $65 a night; kids under 12 free; over 12, $6. One-bedroom cabins rent for $40–$50 a night; two bedrooms, $50–$60; three bedrooms, $60–$70 (minimum stay: two nights).

Star Rte., Dept. BH, Box 213, Dawsonville, GA 30534; 404/265-8888.

Louisiana

CHEMIN-A-HAUT

For a quiet spot where you can just sit and take it easy, you might consider this little park on a bayou near Monroe in northeastern Louisiana. You can camp or set up housekeeping in a small, neat, screened-porch cabin with bath, kitchen, and fireplace. All utensils and linen are furnished.

A nearby pond harbors largemouth bass, bream, and perch. Children can romp in two playgrounds, and swimmers have an Olympic-size pool. The park is most peaceful in the mild winter. Pick spring for the best fishing.

Cabins, with two double beds, run $35–$40 a night. Reserve for weekends at least two months in advance; for midweek stays, a few days will suffice. The campground features a bathhouse; each site has a tent pad.

14656 State Park Rd., Bastrop, LA 71220-7078; 318/283-0812.

Texas

PALO DURO CANYON

Driving across the Texas Panhandle with its endless flat horizons, you'd never suspect that suddenly a mountainscape of mesas, cliffs, and verdant valleys would open at your feet. The 800-foot-deep gorge of Palo Duro, Texas' own Grand Canyon, was gouged out of the plains by the Red River south of Amarillo.

This astounding realm is home to a state park whose offerings include *Texas,* a rousing musical pageant that extends beyond the stage into its rugged natural backdrop. Cowboys ride down ramparts, artificial lightning strikes the canyon walls, Indian warriors perch on boulders, wagons weave across the prairie, and fireworks fill the sky. (Nightly except Sundays, June 10–August 22; $6–$12; under 12, $3–$12. Reservations: ***806/655-2181 or 488-2220.)***



Other park pleasures include an eight-mile scenic drive, splashing in cool creeks, horse rentals, ecology and history exhibits, and trips on the miniature Sad Monkey Railroad.

Maximum stay is two weeks. Campgrounds offer bathhouses.

Rte. 2, Dept. BHG, Box 285, Canyon, TX 79015; 806/488-2227.

New Hampshire

FRANCONIA NOTCH

Neck-craning cliffs, deep gorges, and towering summits make this mountain-cradled park on Interstate-93 in northern New Hampshire an alpine adventure. To save you from uphill puffing, an 80-passenger aerial tram hoists you to the spectacular vista atop 4,200-foot Cannon Mountain. You can ride or walk back down.

For yet more scenery, explore The Flume, a narrow gorge reverberating with the roar of a tumbling stream. Other hiking trails fan out into the adjoining White Mountains National Forest, and there's a paved, not overly strenuous 10-mile bike path.

The campground (no hookups; no reservations) is open from Memorial Day to Columbus Day (weekends and holidays only before mid-June and after Labor Day). The 97 sites fill up fast, so show up early in the morning. If you can't get a site, try nearby national forest campgrounds. Surrounding communities also offer lodgings.

For more information: ***Franconia Notch State Park, Dept. BHG, Franconia, NH 03580; 603/823-5563.***

Northern New York

ADIRONDACK

Celebrating its 100th birthday, this six-million-acre state park in upstate New York is our nation's largest. The unique blend of public and private lands offers a wondrous mix of mountains and forests, lakes and streams, quaint villages, historical sites, and crafts and antiques shops.

Don't miss the Adirondack Museum, in Blue Mountain Lake, featuring regional crafts and history. Visitors' Interpretive Centers in nearby Newcomb and in Paul Smiths will orient you to natural attractions, like the high peaks near Lake Placid and awesome Ausable Chasm.

Vacation activities range from wilderness outings and sports, to such theme park attractions as the Great Escape, in Lake George, and the Enchanted Forest, in Old Forge. Relive our early history at Fort Ticonderoga, a strategic juncture between Lake Champlain and Lake George.

For a list of centennial activities, including regional exhibits of watercolors, quilts, photos, and posters, plus fascinating lectures: ***Centennial Headquarters, P.O. Box 341, Dept. BHG, Paul Smiths, NY 12970-0341.***

Accommodations fit most any budget and taste: campgrounds, B&Bs, chain hotels and motels, and rustic resort lodges. Accommodations list, plus general information: ***The Adirondacks Information Center, P.O. Box 51, Dept. BHG, West Chazy, NY 12992; 800/486-6867 or 518/846-8016.***

Northern New York

FAIR HAVEN BEACH

Rated among the country's top 10 inland beaches, Fair Haven, on Lake Ontario between Rochester and Syracuse, attracts big crowds on summer weekends. During the week, though,

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STATE PARKS

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you can normally find a campsite. Reserve rustic cottages in advance.

Lifeguards preside over the park's two wide sand beaches in the summer. Walking trails lead along the park's woodsy bluffs, and shady picnic areas provide lake panoramas. You can rent fishing skiffs on the park's backwater pond—full of bass and northern pike in the summer, trout and salmon in spring and fall—$4 an hour or $20 a day (prices subject to change). Other activities include nature hikes, campfire sing-alongs, Friday night concerts, and a free rec program for kids.

Cabins, sleeping up to six, with cookstove, refrigerator, and toilet rent for $184 a week. A central bathhouse serves smaller cabins, sleeping four, which cost $94 a week.

Dept. BHG, Fair Haven, NY 13064; 315/947-5205. Cabin and camping reservations, 800/456-CAMP.

New Jersey

BULLS ISLAND

On the Delaware River, about an hour's drive from either New York City or Philadelphia, Bulls Island provides a green retreat from big-city hassles. Walking trails meander through silent woods and the ancient Delaware & Raritan Canal. Trees shade campsites within steps of the stream. Ducks cruise past in silent elegance, and wild geese sometimes come squabbling in quest of handouts. The abutment of a wing dam serves as a popular platform for swimming and splashing.

A 30-mile hike-and-bike trail on the abandoned right-of-way of a railroad parallels the picturesque old canal on the Jersey side of the island. A footbridge crosses the river from the park



to the village of Lumberville in Pennsylvania's Bucks County.

2185 Daniel Bray Hwy., Dept. BHG, Stockton, NJ 08559; 609/397-2949.





STONEHENGE, WILTSHIRE, ENGLAND. 7:53 A.M. STILL GOING

Ohio

LAKE HOPE

You don't need a tent to camp at this lovely hill-cradled lake in southeastern Ohio near Athens. Reserve a rent-a-tent, and they'll have a family-size 12×12-footer ready for you, plus a camp stove, lantern, cooler, and two cots, all for $12 a night. But call early, availability for these gems is limited.

Rent-a-tents are just one of Lake Hope's amenities. Rental cabins with kitchens and showers hug romantic ravines. A dining lodge sits on a slope above a swimming beach. Family-oriented nature programs run all summer. You can rent canoes, rowboats, and paddleboats. Kids love catching bluegills in the 120-acre lake; fishing for largemouth bass is good, too.

The park's hiking trails join those of a surrounding forest preserve, which permits wilderness camping at designated sites. Lake Hope offers camping with bathhouses and pit toilets.

Most cabins sleep at least four comfortably. Rentals range from $225 to $335 a week, Memorial Day through Labor Day; daily rates otherwise.

Dept. BHG, P.O. Box 279, Zaleski, OH 45698; 614/596-4938. Cabins and rent-a-tent reservations: 614/596-5253.

Wisconsin

POTAWATOMI

This park is an excellent base from which to enjoy the charms of Door County. Wisconsin's premier tourist destination lies just a short drive to the north. Despite this proximity, you can usually get a campsite without a reservation even at the height of the season. Most visitors don't seem to know about Potawatomi and head for the often crowded Peninsula State Park instead, only to be turned away.

But there's more to Potawatomi than mere convenience. Bordering on the sheltered waters of Green Bay, it has good fishing from two miles of shore—perch and bass in the summer, walleye and brown trout in the fall. A 75-foot observation tower provides delightful panoramas. Six miles of footpaths lead through a forest of birch, pine, and hemlock. A self-guiding nature trail explains the geological history of the Door County Peninsula, and park rangers hold nature programs five nights a week in summer.

3740 Park Dr., Dept. BHG, Sturgeon Bay, WI 54235; 414/746-2890.

Minnesota

SPLIT ROCK LIGHTHOUSE

Cars don't disturb the peace at the campground of this park, the most scenic on Lake Superior's spectacular north shore. Campers leave their vehicles in a parking area, load their gear on handcarts supplied by the park, and wheel the carts to secluded sylvan sites on a bluff above the rocky shore.

It's like wilderness camping, even though the farthest sites lie less than a half mile away. Each is equipped with a tent pad, picnic table, food locker, and fire ring. A central bathhouse furnishes hot showers in the summer.

With Lake Superior stretching to the horizon from dramatic cliffs all around, inspiring vistas abound;

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OTHING OUTLASTS THE ENERGIZER.

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among them is a venerable lighthouse maintained by the State Historical Society. You are also likely to see lots of wildlife in this largely undeveloped preserve: deer, an occasional moose, bears, coyotes, hawks, and eagles. The lake is too cold for more than splashing, but there are 12 miles of panoramic trails, both short and long. One long trail leads to a few primitive hike-in campsites. Fish for trout and salmon in the Split Rock River, bordering the park.

Campground reservations may be made up to 120 days in advance by calling *800/765-2267.* The park is 50 miles northeast of Duluth on US-61.

210A Hwy. 61 E, Dept. BHG, Two Harbors, MN 55616; 218/226-3065.

Illinois

CHANNAHON

Although Channahon lies less than 50 miles southwest of downtown Chicago, a tranquil old-timey atmosphere pervades this small park on the historical Illinois-Michigan Canal. That may be because Channahon isn't easy to find. You turn off I-55 at the first exit (Rte. 6) south of I-80. On Rte. 6 west, follow signs through the rural Midwest to the park's enclave where stately old trees shade stonewalled canal locks and a locktender's cottage.

Most people who come here are locals who know about the good angling in the canal for catfish and occasionally bass and croppie. The park also serves as an excellent starting point for canoe excursions and for hiking and biking amid lush greenery on the canal's level 55-mile towpath.

Camping tends to be primitive—tents-only, pit toilets, no showers.

Illinois-Michigan Canal, Dept. BHG, P.O. Box 272, Morris, IL 60450; 815/942-0796.

Missouri

LAKE WAPPAPELLO

Cast a line into Wappapello's serene waters, and bluegills nearly hop into your boat. Largemouth bass run up to 8 pounds of fighting muscle. Croppies tip the scales at 2 pounds.

Great fishing is just one of the attractions of the state park that straddles a secluded corner of this 8,200-acre lake 130 miles south of St. Louis in the foothills of the Missouri Ozarks. The lake, a containment of the St. Francis River, warms up quickly once the days grow longer. It's ready for swimming off the park's sand beach soon after April 1, when park cabins open for guests. Hiking trails, ranging from one to three miles, wind over sylvan hills.

Fishing skiffs rent for $32–$45 a day at the marina. Air-conditioned, fully equipped housekeeping cabins, sleeping up to six, cost $45 a night for a couple, $5 for each additional guest, including children over 2. Make cabin reservations at least six weeks ahead. Campsites are first come, first served.

Rte. 2, Dept. BHG, Box 102, Williamsville, MO 63967; 314/297-3247.

South Dakota

CUSTER

A favorite of presidents, Custer might well have become a national park if South Dakota hadn't claimed it first. No wonder. This 114-square-mile preserve in the Black Hills south of Rapid City is a treasure trove of western landscapes, all spectacular: imperious mountains, exotic rock formations, tranquil lakes, stately forests, and rushing streams.

More than 1,200 bison graze Custer's verdant valleys. Bighorn sheep browse near vacation lodges. Prairie dogs skitter in meadows. You'll probably see antelope, deer, mountain goats, wild turkeys, and maybe an occasional elk.

There's no end of pleasures in this resort park: scenic drives including one to Mt. Rushmore, horseback outings, jeep tours to the bison herd, fishing, boating, hiking, and mountain biking. Custer offers campfire programs, a nature-awareness program for ages 7 to 12, and a rock-climbing course.

Choose from four resorts, with accommodations that include sleeping cabins ($55–$95), housekeeping cabins ($65–$300), motel units ($70–$95), and lodge rooms ($50–$200).

For historical atmosphere, stay at the elegantly rustic State Game Lodge, former Summer White House of Presidents Coolidge and Eisenhower. For an incredibly scenic setting, pick Sylvan Lake Resort; for dude ranch atmosphere, the Blue Bell Lodge; for fishing, Legion Lake Resort (cabins only). Custer also has seven campgrounds.

HC 83, Dept. BHG, Box 70, Custer, SD 57730; 605/255-4515. Lodgings: Custer State Park Resort Co., HC 83, Dept. BHG, Box 74, 57730; 800/658-3530. Reservations: 605/255-4000.

Nebraska

FORT ROBINSON

This is one of our country's most extraordinary state parks—a historical military outpost, once the U.S. Calvalry's largest remount depot with some 17,000 horses, converted into a ranchlike resort.

Vacationers stay in officers' adobes, built in the late 1800s when northwestern Nebraska was the hot spot on the Indian frontier, and in the enlisted men's 1909 brick barracks. You might find yourself sleeping in quarters once occupied by post surgeon Dr. Walter Reed, who tracked down the source of yellow fever; or Gen. Douglas MacArthur's father, then a captain; or Lt. Charles Young, the first Afro-American commissioned in the U.S. Army. Don't miss the post's horse hospital with a horse-size operating table, and the guardhouse, where Chief Crazy Horse was slain while trying to break free of shackles.

Walled at its rear by craggy buttes like those found in

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First Rule Of Travel.



When you travel, there are some things you just can't go without. That's why more travelers turn to Dramamine. It's all you need to prevent the symptoms of motion sickness. So when you travel, remember the essentials. Remember Dramamine.

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a John Wayne movie, Fort Robinson sits 25 miles west of Chadron near the Wyoming line. The park offers much more than history. From Memorial Day to Labor Day, you can go on breakfast and dinner horseback rides, join hayrack and stagecoach rides, tour the wildly dramatic countryside by jeep, observe a buffalo herd, swim in a fine indoor pool, and attend nightly summer theater and twice-weekly rodeos. The park restaurant serves buffalo dishes, from burgers to steaks.

The simple but comfortable accommodations include twin-bedded rooms with bath in the brick barracks, $30 a night; two-bedroom apartments with kitchens and baths in the officers' adobes, $40; three bedrooms, $50.

Dept. BHG, Box 392, Crawford, NE 69339; 308/665-2660.

Idaho

HENRY'S LAKE

Famous as a fishing mecca for trophy-size hybrid trout and cutthroats, this state park offers yet another plus. It's a handy base for exploring Yellowstone National Park.

Located off US-20 north of Idaho Falls, Henry's Lake is only 16 miles from West Yellowstone. When Yellowstone's campgrounds are full, you often can find an open site here even in the busiest season. Usually you can arrive any time from Sunday afternoon to Friday morning. The lakeside campground, with showers and toilets, is open from the Thursday before Memorial Day through September.

Between Yellowstone excursions, you can fish off the bank right in the park, or rent boats with motors at Staley Springs, a few minutes' drive on the other side of the spring-fed lake (half day, $30; all day, $50). There's no size limit, and you can take two fish per person a day.

HC 66, Dept. BHG, Box 20, Island Park, ID 83429; 208/558-7532.

Oregon

SUNSET BAY

Seals and sea lions laze on rocks so close by that you don't need binoculars to distinguish the beasts' mustaches. Tidal pools speckled with colorful starfish wait to be explored. Cliffs rim sheltered coves with sandy swimming beaches. Seven miles of trails meander along the Pacific shore and over bluffs, with spectacular views at every turn.

Seven acres of formal gardens look down upon the sea. Something is always in bloom among the 13,000 annuals, plus a host of perennials—roses, dahlias, tulips, rhododendrons, and a variety of flowering shrubs.

Sunset Bay State Park, an enclave of three contiguous nature preserves on the Oregon coast, is a half day's drive south of Portland.

Make camping reservations (by mail or in person) if you plan to come between June and August, when the water is warm enough for swimming.

10965 Cape Arago Hwy., Dept. BH, Coos Bay, OR 97420; 503/888-4902.

Northern California

McARTHUR-BURNEY FALLS

For a wonder of nature such as you'd expect to find only in national parks, visit this state preserve 50 miles east of Redding, between Mt. Shasta and Lassen Peak. That topographical marvel is a glorious waterfall—probably the most astonishing you'll ever see—that doesn't just plunge over an edge as most waterfalls do. Fed by underground streams, most of its waters gush from fissures in the rock wall that frames a 300-foot-wide horseshoe-shaped bowl. Rainbows often flicker in the falls' spray as it cascades into an emerald pool 129 feet below.

The falls are the park's centerpiece, with foot trails around the top and bottom of this natural amphitheater. Water from the falls passes through a romantic piney gorge into a mountain lake where you can boat and swim. Burney Creek, upstream from the falls, is stocked with rainbow trout. A marina rents skiffs and canoes from mid-May through September.

You can make reservations for sites in the shady drive-to campground (with showers) up to 56 days in advance; *800/444-PARK.*

Rte. 1, Dept. BHG, Box 1260, Burney, CA 96013; 916/335-2777.

Southern California

ANZA-BORREGO DESERT

Visit this spectacular park for an ecological adventure in winter or spring. Anza-Borrego's desert blossoms normally reach their peak around March 10, creating islands of brilliant color in this sandy, boulder-strewn wilderness preserve two hours east of San Diego.

Ocotillo plants, called "devil's walking sticks," explode with blood-red blossoms. Beavertail cacti flaunt their pink and purple flowers. Barrel cacti sprout yellow blossoms. Dune primroses and desert lilies add white accents to this wondrous show.

This vast park's tempestuous topography ranges from desert flats to rugged 8,000-foot summits. You'll have plenty of opportunities to see wildlife: bighorn sheep, antelope, lizards, iguanas, chuckwallas, buntings, warblers, and hummingbirds. Some 240 bird species have been recorded.

You can explore the park on self-guided nature walks and auto tours, and join interpretive programs scheduled most days in season.

Campground sites cost $20 with hookups; $14 without. Make reservations up to 58 days in advance by calling *800/444-PARK.* Backcountry camping is allowed throughout the park at no charge. Lodgings, ranging from $40 to $90 a night, as well as restaurants, may be found in nearby Borrego Springs.

Dept. BH, Box 299, Borrego Springs, CA 92004-0299; 619/767-4684.



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Broyhill invites you to express your style with beautiful oak. Whether you prefer traditional or contemporary designs, Broyhill offers a collection of oak furniture and coordinated upholstery that will fit your lifestyle. And, for a limited time, all items featured here are available from your local Broyhill Showcase Gallery at special "Smart Buys" prices.

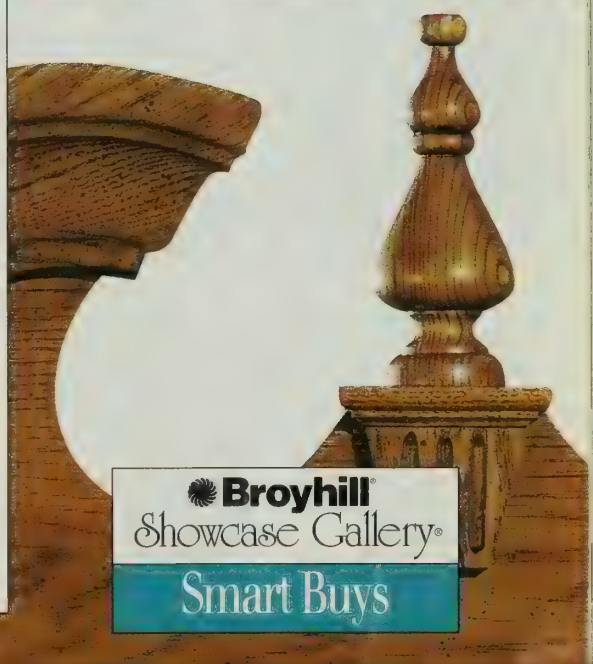


Let finely crafted oak furnishings be a unifying theme that flows from room to room. The classic 18th Century styling of Broyhill's Oak Hill collection is the perfect foundation for a living room that has a traditional feel, yet is warm and comfortable. The Secretary Desk ($525) and Sofa Console ($340) are particularly versatile items that work as a part of a room decor or as stand-alone pieces. The plaid Sofa ($790) and classic Wing Chair ($400) finish the look. A matching Loveseat is available ($725). Oak Hill living room: Chairside Chest, $340; End Table, $265; Oval Cocktail Table, $265; Corner Unit, $290 ea.; Open Unit, $350; Entertainment Unit, $1250; Door Unit, $500.



Featured in the dining room are items from the Washington Park collection. Server, $625; China, $1765; Oval Table, $790; Arm Chairs, $200 ea.; Side Chairs, $175 ea.

Washington Park Bedroom (above left) items include Triple Dresser, $625; Pediment Mirror, $215; Queen Bed, $575; Chest, $590; Night Stand, $240.



Broyhill® Showcase Gallery®

Smart Buys

Express YOUR STYLE With Oak

Broyhill brings the beauty of Oak to contemporary design with the Olympic Oak collection. Modern lines, wood accented hardware, and a honey oak finish combine to create a dramatic look.

Find the perfect marriage of form and function in the Olympic Oak Wall Bed ensemble ($1145). Style and storage coexist beautifully in the Deck and Night Stand pieces. The Mirrored Headboard features a convenient light and a built-in electrical outlet access. A Triple Dresser ($455) and Mirror ($120) round out this fashionable bedroom collection.





Lidded vases from the Moon Collection (set of two, $139) are available in two finishes. These work beautifully to accessorize a console or wall unit or, add exotic flowers for a memorable centerpiece. (Set includes 10" and 12½" vases.)

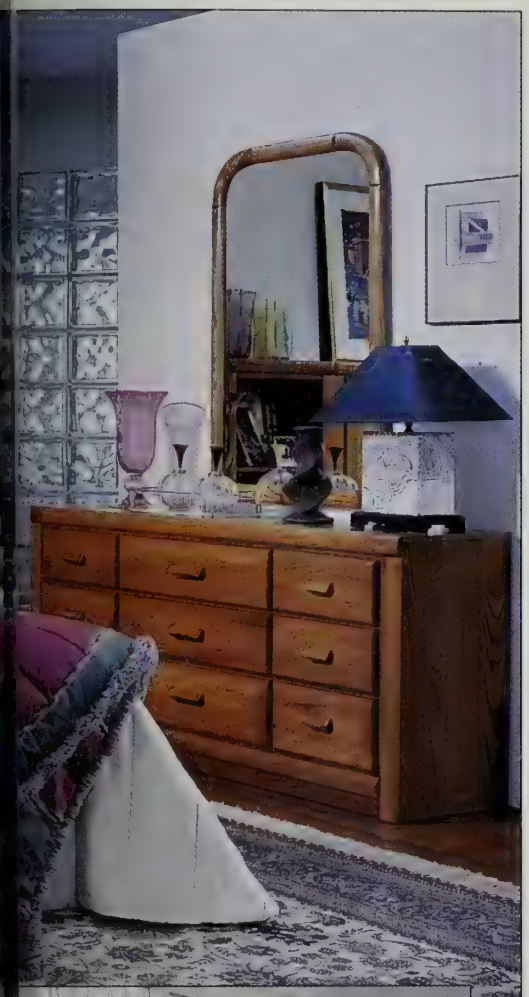


Broyhill's Adaptables allow you to change a room as your needs change–youth bedroom to guest room to home office. Olympic Oak's washed finish keeps its fresh appeal through the changes. Featured above: Mirror, $120; Desk, $300; Large Bookcase, $300; Small Bookcase, $200; Bachelor Chest, $200; Night Stand, $190 ea.; Panel Headboard, $155; Four Drawer Chest, $375; Desk Chair, $200; Single Dresser, $300.





Light walls, windows and simple molding, all benchmarks of contemporary decor, are warmed by the richness of oak. Add this plush Sofa ($990) and Loveseat ($915) to create a room that is sleek yet inviting. Glass tops, rounded edges, and accessory shelves give these Momentum collection tables a sculptural appeal that accents your contemporary statement beautifully. Rectangular End Table, $250; Lamp Table, $250; Square Cocktail Table, $290; Sofa Table, $290.





Sleek lines and gentle curves encourage creativity in your decorating scheme. This Olympic Oak dining room begins with an updated Parson's Table ($550) and Splat-Back Chairs (Arm Chairs, $165 ea.; Side Chairs, $140 ea.). The China ($965) includes can lights and a mirrored back for added drama. The Server ($375) boasts a laminate top that is perfect for both hot and cold items.



The unique shape and "Ancient Earth" finish of these Spiral Candle Holders from the Moon Collection will give an interesting twist to both contemporary and traditional settings. Set of three, $99. (Set includes 15", 12" and 8" candle holders).



Broyhill®
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Smart Buys



Broyhill's Mosaic collection features an interesting array of items that offer style and versatility. The Baker's Rack ($1000) moves from a living room to a casual dining area with ease.

Mosaic's mixture of glass, fossil stone and verdigris adapts well with light-colored transitional upholstered pieces such as the Sofa ($790) and Loveseat ($725) shown at right. Cocktail Table, $500; Round End Table, $465; Oval Lamp Table, $465; Sofa Table, $565. Featured above left: Party Table, $630; Party Chairs, $315 ea.

Express YOUR STYLE With Oak





Broyhill gives everyone's favorite chair a fresh country look with a cotton print fabric from John Wolf Textiles and a ruffle-pleated skirt. Chair, $600. At right: Sofa, $1000; Lamp Table, $265; Cocktail Table, $265; Commode End Table, $265.

Let Broyhill help you express your style with oak. Visit your local Broyhill Showcase Gallery today and take advantage of "Smart Buys" pricing on your favorite styles of oak furniture and begin to express yourself.





Bed and Breakfast® by Broyhill is "today's country" beautifully crafted in Oak. Turned and spindles, sweeping curves and combination wood and brass hardware bring the charm of a quaint inn into your home.

Featured in the dining room: Farm Table, $975; China, $2205; Server, $750; Hoopback Arm Chair, $265 ea.; Hoopback Side Chair, $225 ea.

The bedroom features Spindle Bed (King size), $715; Triple Dresser, $950; Tri-Fold Mirror, $590; Chest-On-Chest, $740; Night Stand, $350.

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For additional information on these items, call 1-800-272-2769 9 am-5 pm EST., M–F

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UPKEEP

TIPS, TOOLS, AND TECHNIQUES

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers have discovered. See below for details on how to share your tips.

BANISH LOOSE BRISTLES

■ Run a comb through your paintbrush before using it, to remove loose bristles that could otherwise get stuck to the painted surface.

Viola Spencer, Lebanon, N.J.

EYE-LEVEL PLANS HOLDER

■ Use a pants hanger with two spring clips to hold blueprints, assembly instructions, and diagrams in your workshop. Suspend the hanger from a hook in the wall or ceiling to keep your plans securely at eye level.

Karen Emanuelson, Spring, Tex.

A SANDY SOLUTION

■ Fill the hollow legs of your PVC deck chairs, tables, and chaises with sand to keep them firmly in place even during gusty winds.

Christine Sass, Verdi, Nev.

NO MORE 'DIRTY' PHONE CALLS

■ Cover your phone receiver with a plastic bag before doing any painting or other dirty work. If the phone rings, answer it without a mess.

Maureen Gestwick, Parkersburg, W.V.

SEND US YOUR TIP

Mail your tip, with a daytime phone number, to TTT, *Better Homes and Gardens*®, 1716 Locust St., Des Moines, IA 50309-3023. No food or cooking tips, please. We can't acknowledge or return letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we like. We don't accept previously published ideas. BH&G

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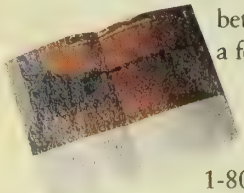


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PHOTOGRAPHS: ROY INMAN. DESIGN: JAN WEINER INTERIORS. REGIONAL EDITOR: PAT SCHUDY

Freed of constricting clutter, this small living room lives big and beautifully.

Try taking a "less-is-more" tack if your taste is high style but your budget is low. A pared-down scheme stands on its own as an elegant approach to design; saving money merely adds to its attraction.

Stripped of excess furnishings and needless frills, this once-dowdy 1930s-style bungalow now looks and functions like new. Owner Jan Weiner, an interior designer and art broker, turned her dated, cracker-box quarters into a sophisticated backdrop for clean-lined furniture and art. Here are her design tactics:

- Jan evicted all things old and inconsequential, such as ugly fixtures, worn carpet, and has-been draperies, to set the stage for a sleek new look.
- To create the illusion of space, Jan painted all surfaces—walls, ceiling, fireplace, and woodwork—white. Color is reserved for art and accessories.
- Taking a minimalist approach, Jan furnished the living room and adjoining dining area with clean-lined contemporary pieces. In a scheme like this, it's the design quality of furnishings, not the quantity, that counts.
- A flat-weave industrial carpet, ceiling track lights, and miniblinds enhance the gallerylike setting.



When company comes, black living room chairs serve as seating in the dining room.



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Tbs. fresh parsley — ⅓ cup Romano cheese, grated
Drain tomatoes & save juice. Add olive oil to
eserved tomato juice & brush over top of bread
shell. Arrange tomatoes & mushrooms on top.
Sprinkle with parsley and Romano cheese.
Bake 10 minutes at 450°.



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Washington

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When kids aren't working their tails off, there are lots of other things for the entire family to enjoy: Saturday morning nature programs, canoeing on Lake Wenatchee and the Wenatchee River, and fishing for Dolly Varden trout and rainbows.

Wildlife viewing is especially good at Lake Wenatchee. You can watch ospreys dive for their supper, and listen for the cry of loons in late evening. You may even catch a glimpse of a coyote or a black bear. But don't worry. This isn't grizzly country.

The camping areas, with restrooms and showers but no hookups, lie tucked away beneath stately evergreens near the lake, with peaks of the North Cascades rising all around. Canoe rentals in nearby Lake Wenatchee Village run about $35 a day, including delivery and pickup. To make reservations, call *509/763-3733.*

The park lies 100 miles east of Seattle, off Highway 2.

For more information, contact *21588A Hwy. 207, Dept. BH, Leavenworth, WA 98826; 509/763-3101.*

—By George S. Bush

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AFTER-HOURS OASIS
Furnishing a spot for relaxation



PHOTOGRAPH, JAY GRAHAM. DESIGN, REBECCA BRADLEY. REGIONAL EDITOR, BARBARA CATHCART

Oversize for stretch-out comfort, the built-in seating serves up creature comforts and generous storage.

Warmed by mellow woods and rich colors, this small, converted dining area thinks big. Oversize seating and ample storage satisfy the homeowners' yen for comfort and convenience. With its wrap of windows and cool garden view, the room is a delightful stop for morning coffee. At the end of the day, it's ready and waiting to relax its guests and serve up some prime-time TV. These owners chose lounging room instead of table space; they eat on trays when balancing soup bowls on their knees isn't appropriate. An old chest serves as a coffee table.

Easygoing elements supply this spot with big style. Take these cues to discover a friendly oasis of your own:

Hug a wall with built-ins. Piled high with pillows, this custom seating frees up the floor space. Up top, it's extra deep to accommodate long legs and comfortable lounging; below, generous drawers stow plenty of gear.

Rise and conquer. Sometimes there's nowhere to go but up. Create a sitting spot's focal point, and more, with a custom-designed, high-rise wall unit. This unit corrals entertainment gear, cookbooks, party supplies, and kitchen equipment. The counter in front of the books works as a buffet server for informal get-togethers. Custom-designed cabinetry doesn't fall within your budget lines? Choose ready-made armoires or modular storage units by *Techline* or *Star* for your off-the-kitchen space. Or, choose from simple ready-to-assemble bookcases (often available at discount and department stores).



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PERENNIAL PLEASURES
Designing a Formal Garden



Designed in a formal, circular pattern, Randi Lindquist's Minnesota garden features a colorful variety of perennials, annuals, and herbs that offers interest all season. "It's heavenly sitting in the center of all the flowers," she says.

The flower borders in front of Randi Lindquist's suburban Minneapolis home overflow with colorful blooms in spring, summer, and fall. "Creating and caring for a formal garden is surprisingly simple," she says. A curving driveway inspired the garden's circular design. Two brick paths intersect the garden at a central patio area, from which borders planted with flowers and herbs radiate in concentric rings.

For masses of color, Randi combines flowers in groupings of at least three plants. "Clumps make a stronger statement than planting one thing here and another thing there," she says. Because her borders are viewed from both the front and back, taller species are placed in the center of the beds; shorter plants grow along the inner and outer edges.

To prolong the flower show, Randi includes a variety of perennials in her garden that bloom at different times of the season. She also sprinkles in annuals throughout her borders for constant color. An automatic watering system and mulch keep the garden virtually maintenance free.

Randi's garden offers everchanging vistas from the house. "I get as much joy from looking at the garden as I do from working in it," she says.



A redwood arbor dramatically defines the garden's entrance and draws attention to the central brick patio, traditionally furnished with a sundial and English-style park benches.

PHOTOGRAPHS: SUSAN GILMORE REGIONAL EDITOR: SHARON ROSS


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A RECRAFTED KITCHEN
Updated vintage



Was your kitchen designed for another era? You can keep the vintage character that you love, yet devise a contemporary work area within the existing space.

Homeowners Libby Brydolf and Robert Horowitz loved everything about their Arts and Crafts-style bungalow except its outdated kitchen. Still, when they planned a kitchen remodeling, they resisted the impulse to overmodernize. Their goal: retain the vintage charm that was in keeping with the home's 1930s character.

The San Diego architectural firm of Tarasuck and Foley devised a solution that involved equal measures of redesign, remodeling, and reconfiguration. Even though the kitchen was completely gutted and rebuilt, it looks as if it were only meticulously restored. Minus two walls, the kitchen now feels significantly bigger. French doors open the expanded kitchen to backyard views and drink in the morning sun.

▲ The architects helped keep remodeling costs down by leaving gas and water lines and drains in their original locations. Removing walls and relocating the refrigerator made the small kitchen look significantly larger.

▼ Two small cabinets with angled doors and drawers and butcher-block tops frame the vintage stove. Open shelves under a shallow counter make the most of precious storage space.



Robert and Libby tackled details. They found salvaged Depression-era antique glass knobs and pulls to finish off the custom cabinets that were designed to mimic the Arts and Crafts originals. The bold black-and-white ceramic tile counters also reflect the period, as does a new yet old-looking oak china cabinet built into space that once was the utility room.

By moving the refrigerator to another part of the kitchen, the couple was able to showcase the vintage stove that came with the house. Silhouetted against a tile wall of simple geometric design, the old Gaffers and Satler range works well both for cooking and for maintaining the character of the home. Angled base cabinets with chopping-block tops flank the stove for handy work and storage space.



▲ A "half-pint" peninsula and a see-through cupboard replace a wall that separated the breakfast area from the kitchen. An antique-looking but new hutch sits next to louvered doors that conceal a washer and a dryer.

Photographs: Kim Brun. Architects: Tarasuck and Foley, AIA. Regional editor: Sharon Haven



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AMERICA'S TOP DOGS
Six regional favorites

Order a hot dog in Kansas City and you're likely to get a Reuben dog. In New York City, you'll probably get an all-beef Coney Island red hot. Across the country, this all-American sandwich takes on regional flavors. Now you can try these six top regional favorites at home.

NEW YORK

The Coney Island red hot is New York City's traditional hot dog. Nathan's Famous of New York, the nation's first hot dog chain, started selling red hots in 1916 on Coney Island. Now New York has approximately 3,000 licensed hot dog vendors.

For this unpretentious frank, top a grilled all-beef hot dog with sauerkraut and mustard and serve it in a plain bun.

CHICAGO

The Chicago-style dog was a product of the Depression. For a mere 5 cents, street vendors sold all-beef hot dogs nestled in a steamed poppyseed bun.

But it was the mound of savory toppings that made this hot dog famous—yellow mustard, pickle relish, chopped onions, tomato wedges, dill pickles (a spear or sliced), zesty sport peppers (small hot green peppers), and a shake of celery salt. Duplicate these meal-in-a-bun hot dogs at home by piling on each of these popular toppers. To order one of these delightful dogs as Chicago folks do, specify "make me one with everything," "drag it through the garden," or "I'll take one with a salad on the bun."

NEW ENGLAND

Bostonians, known for their baked beans, even spoon beans on top of their hot dogs. These New England-style hot dogs make great picnic food. They're also a tasty way to use up leftover baked beans or pork and beans.

MIDWESTERN

The Midwest takes credit for the francheesie, a broiled hot dog stuffed with cheese and wrapped with bacon. To make your own francheesie dog, cook a strip of bacon till just cooked through but not crisp. Cut a long slit in a hot dog and stuff it with cheddar or American cheese. Wrap bacon around the hot dog and attach with a wooden toothpick. Broil till cheese melts and bacon is slightly crisp. Kids of all ages love a francheesie and a bowl of hot soup for lunch.

KANSAS CITY

Kansas City hot dog lovers claim the Reuben dog as their creation. Modeled after the Reuben sandwich, this dog is topped with sauerkraut and melted Swiss cheese, all on a sesame seed bun. If desired, spread a little Thousand Island dressing on the bun, too.

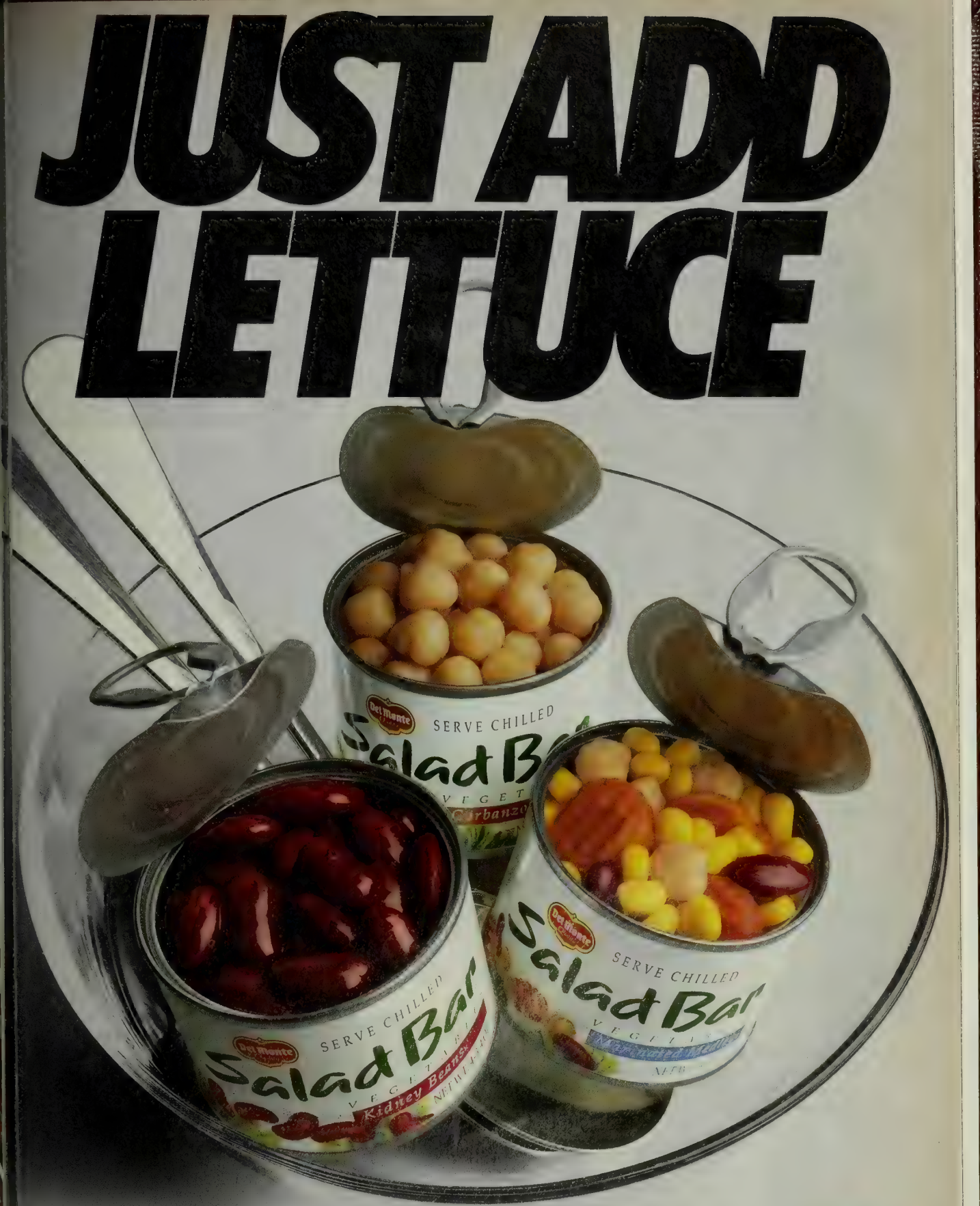
SOUTHWESTERN

Southwesterners, partial to zesty flavors, ladle chili (with or without beans) atop their hot dogs and finish them off with a sprinkle of onions. Also known as chili dogs or Coney dogs, this hearty style is popular across the country.



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FROM GAWKY TO GRACEFUL
Fresh face for a '20s cottage





A vestibule and porch addition play up the intricate rooflines of this homey-looking bungalow. Crisp white paint accents the classic lines and emphasizes the formal balance of the architecture.



REGIONAL EDITOR: CATHY HOWARD



PHOTOS: STEPHEN CRIDLAND. ARCHITECT: MARVIN WITT, AIA.

Most of us would've had to squint pretty hard to see the classic potential in David and Wendy Hamilton's 1920s bungalow. But their architect, Marvin Witt, could see "good bones" in the home's cottage-in-the-woods style. Working with the Hamiltons, Witt designed a porch/vestibule that preserved the old-fashioned storybook feeling that originally attracted the homeowners.

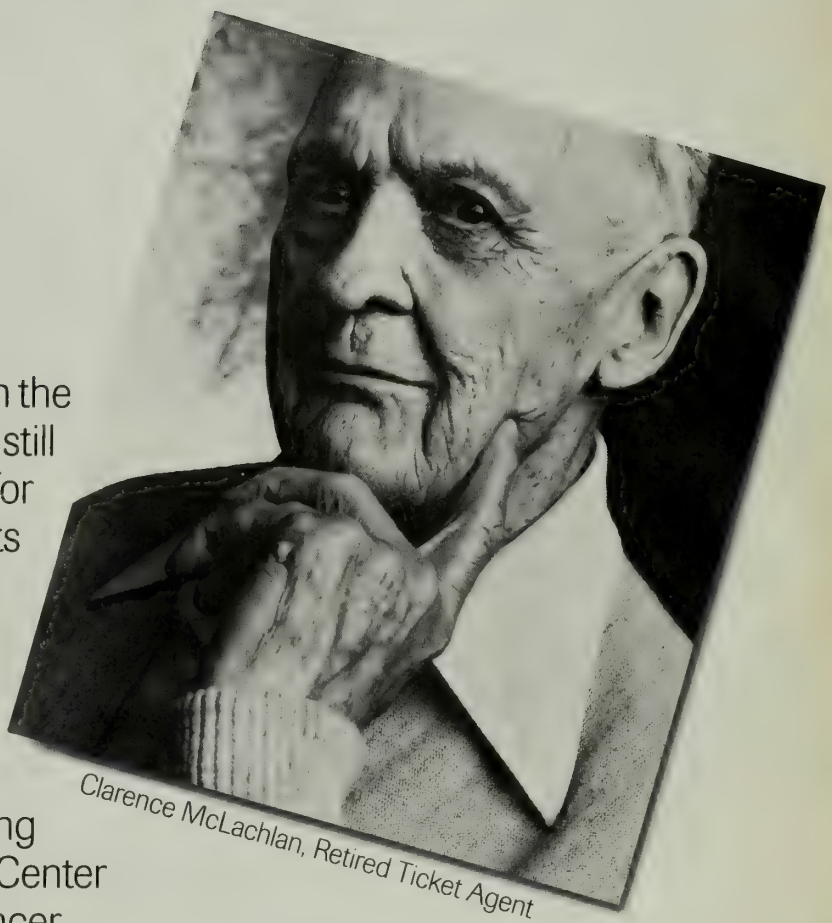
The face-lift began by removing the side-winding front steps, the dark, cramped entry, and the front wall of the home with its old-fashioned picture windows. An 8x20-foot entrance hall replaces the old entry, and offers a sunny, spacious welcome to the home. Guests can enter either the living room or the library from here.

Outside the vestibule, the deep overhang roofs a smooth-planked porch. With the new sheltered space for entertaining and child's play, the owners decided to eliminate the gawky-looking deck at the side of the house. By centering the porch and adding counterbalancing architectural details, the add-on enhances the home's original exterior design. The pinnacle of the addition's steeply pitched roof mirrors the peak of the second-story roofline. Three sets of tapered, square-cut columns do double duty supporting the roof and adding an aura of stately elegance. Identical staircases lead visitors to the front door from both the street and the driveway.

Behind the new entry addition, new solarium and family room additions jut out on opposite sides, still keeping the home and its collection of rooflines in balance.

Come on in. As you're greeted on the wide, white-railed porch, you're just a few steps away from the snug, all-weather entry hall. Two picture windows and a glass-fronted door invite both sunlight and guests into the home.

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SELECT BEEF: A BETTER FOOD CHOICE

There's good news for beef lovers! United States Department of Agriculture (USDA) Select beef has 10 percent fewer calories and 11 percent less fat than USDA Choice beef. And, you can reap these nutritional benefits without ever changing the cut or amount of meat you eat.

What Select is: Prime, Choice, and Select are all USDA grades of beef. The amount of fat a piece of beef contains—both trimmable external fat, and untrimmable marbling (fat within the meat)—primarily determines the grade. Of these three top grades of beef, USDA Select is the leanest and usually the least expensive. Its previous label, "USDA Good," was changed to "USDA Select" in November 1987.

NUTRITION COMPARISON
(per average cooked, lean 3-ounce serving)

Grade	Fat	Calories
Prime	12 g	214
Choice	9 g	192
Select	8 g	181

The differences may seem small. But, if you eat beef on a regular basis, the nutritional savings can really add up. After all, most people find it helpful to cut every calorie or bit of fat that they can from their diet!

Shopping hints: Look for either grocery stores or meat markets specializing in and promoting Select beef. If you don't find Select beef in your meat case, ask your butcher to order it for you.

Cooking Select beef: The lower fat content of Select beef calls for a change in cooking the meat. Use a lower heat for a shorter time than you have traditionally used for Choice or Prime beef. Medium or medium-well doneness produces the most juicy and tender Select beef.



COMIN' ROUND TO CUMIN

You say you love Mexican food? Then you're a cumin fan whether you know it or not.

- Cumin (KUM-en), a sharp-tasting seed, is available both whole and ground. Look for both kinds in the spice aisle of your grocery store.
- Mexican cooks add cumin (or *cuminos,* as they call it) liberally to sauces, enchilada fillings, and soups.
- Ground cumin is a chief spice in chili powder and curry powder.
- A little cumin goes a long way. Start with ½ teaspoon ground in a main-dish recipe that serves 4, then add more to taste.
- Add cumin to stews and casseroles at the beginning of cooking so the flavor can mellow during simmering.
- Flavor fish, pastas, and stuffings with a dash of ground cumin.

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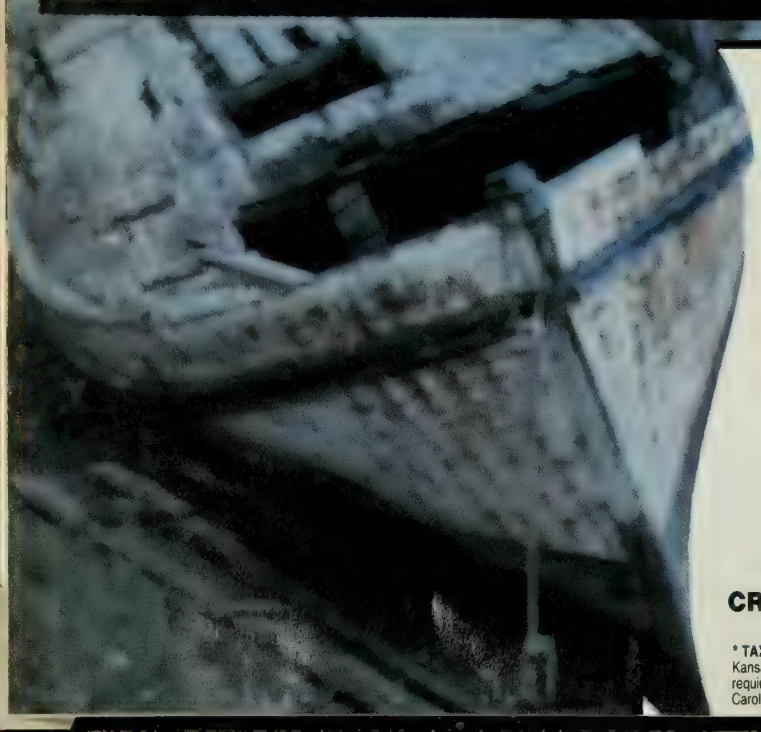
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KEEP YOUR CAR SHINING
Washing and waxing know-how



How do you take care of a car's finish? Wash it when it's dirty, and wax it once, maybe twice, a year.

Good advice. And seemingly quite simple.

But there's more to an occasional wash and wax than applying soap and elbow grease. Maintaining a sparkling appearance requires some know-how and effort.

It's well worth the attention. Not only can you be proud of your shiny car; a good appearance also can mean more value when you want to trade it in.

Whether your car has a paint finish or one of the new clear coats, there are some tricks to making it shine.

WHAT TYPE OF FINISH?

Clear-coat finishes have replaced conventional finishes on many models in recent years. The two types of finishes call for different treatments, and new cars don't necessarily have clear-coat finishes. If you are unsure about your vehicle, ask your dealer before working on the surface.

A conventional finish means paint laid down over primers, then protected by a wax. As the wax protection wears away, the surface of the paint is exposed to the elements and begins to deteriorate. The surface typically becomes dull and chalky from the deteriorating paint.

A clear-coat finish is acrylic resin, like Lucite or Perspex, used for airplane windows. It is applied over the paint and protects it from the elements. The clear coat, which doesn't deteriorate, provides the shine; the paint beneath provides the color.

WASHING TIPS

Frequent washing is critical for either type of finish. You'll generally get an efficient job from professional car washes, but they may not be capable of removing built-up dirt and grime totally, so use the service often to prevent buildup. "Brushless" car washes are better for both finishes. Despite its toughness, a clear coat can be scratched.

For do-it-yourselfers, products made specifically for washing cars are very mild, yet remove grime well. It is OK to use dish-washing liquid, but nothing harsher.

Experts strongly advise against washing—or performing any cleaning activity—with synthetic cloth, which has fibers that can scratch your car's surface. Use cotton, terry cloth, cheesecloth, flannel, or lamb's wool. Even the traditional chamois and sponges of any kind are suspect.

WAXING

Although regular washing is usually enough to keep a clear coat shiny, the surface can be dulled by environmental pollution and built-up grime. It's smarter to do an occasional waxing—once a year is usually sufficient.

For a clear-coat finish, be careful to select a waxing product that is specifically formulated for that kind of finish. Cleaner/waxes that are created for conventional finishes are likely to be too abrasive for clear coats.

Conventional finishes could require waxing two or more times a year, depending on the age of the finish, how it has been cared for, climate, and other factors. Best times: the start of the winter and summer seasons.

Use cleaner/waxes for conventional finishes. Because the paint is deteriorating, the products' abrasives are necessary to remove all the residue from the car's surface.

Don't use a clear-coat wax on a neglected conventional finish. It isn't capable of removing dead paint and actually gets trapped in cracks, so the finish looks even worse.

A neglected finish may require a separate cleaner. Before waxing, make sure that the surface is free of those stubborn bits of grime and goo called road tar. You'll find commercial products specifically formulated for removing road tar, but few of those are more effective than simple, inexpensive kerosene.

Don't use household cleaners. They are less efficient and can require hard rubbing, which may mar the surface.

To get the best waxing, apply the material to a cool surface and out of the sun, according to the manufacturer's directions. Typically, you will cover a small area, using just enough wax to cover the surface. Apply in circular motions, let dry to a haze, and buff with a clean, soft cloth. Remember, no synthetics.

Generally speaking, the easier a wax is to apply, the less durability it will have. Old-fashioned carnauba wax is the hardest to apply, but returns a hard, durable shine.

—Automotive free lancer Mike Knepper has kept many a car, new and old, shining over the years.

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PET NUTRITION
What's best for your dog and cat?



Keep your dog or cat healthy with the proper food.

Choosing a pet food these days can be as confusing as picking a cereal for your family.

Walk down the pet food aisle in any grocery store. It's no longer just a question of whether to buy dry or canned food. Products are now targeted for young, old, fat, active, and inactive dogs and cats.

Pet food is a $7 billion industry, according to Alton Van Dyke, former chairman of the Pet Food Task Force and the Pet Food Committee of the Association of American Feed Control Officials (AAFCO), the organization responsible for developing rules and feeding tests for pet foods.

"It's one of the most hotly contested categories in stores today," agrees Patrick Farrell, a spokesperson for pet-food maker Ralston Purina Co. And a lot of advertising claims aim at the section of your heart you've reserved for your pet.

How do you sort it out to decide what's right for your dog or cat? The truth is, you can't go very wrong with most of the 365 or so brands sold in the United States, although you will find differences in quality that could make a difference to you.

Pets have different food needs at different life stages.

GOAL: PROPER WEIGHT AND HEALTH

"Your objective is to provide a food that maintains proper body weight and health over a long period of time," says Mark L. Morris, Jr., D.V.M., Ph.D., of Mark Morris Associates in Topeka, Kansas.

For food amounts, follow the guidelines on the package, then adjust to your pet's needs. How do you know if your pet is the right weight? Tony Buffington, D.V.M., Ph.D., and assistant professor of veterinary clinical sciences at Ohio State University, suggests that you place your hands on the animal's chest, with your thumbs up and your fingers toward the ribs. "You should feel the ribs without a great amount of pressure," Buffington says. "You should not be able to see the ribs. And while you're standing behind a dog, particularly, you should be able to see a waist." Cats have waists, too, although it may be harder for you to spot your cat's waist through its fur.

READING LABELS

When evaluating pet food options, look at the labels for one of the following phrases: "complete and balanced" or "100 percent nutritionally complete." By law, companies cannot make those claims without proof that the products are good for cats or dogs.

Ingredients listed on pet-food labels are less clear-cut than those on people products; manufacturers enjoy some leeway in how they deliver required nutrients.

"We could purchase corn in five different grades of quality," says David Bebiak, director of pet nutrition and care research for Purina. "Unsurprisingly, the more you spend, the better that corn would taste, the better the digestibility, and, quite possibly, the better for your pet."

Unfortunately, the label will not provide detailed information on the grade or quality of ingredients used. If your pet's health is good, then it probably receives the necessary nutrients from its food.

Dogs and cats need proteins, fat, carbohydrates, minerals, and vitamins in their diet. Whether your animal is a puppy or kitten, adult, or geriatric will determine how much protein it requires to form amino acids, the substance that builds muscle and bone.

When it comes to how those nutrients are delivered, you may be surprised to learn that certain assumptions are simply not true. Dogs, for example, don't need an all-meat diet. "They are omnivores, and some cereal works well in their diet," Morris says.

Claims by some pet-food manufacturers that their

continued on page 190

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PET NUTRITION

continued from page 188

product has less "filler" than the competition's do not impress many animal nutrition experts.

"There's nothing wrong with using grain products," says David Dzanis, D.V.M., Ph.D., veterinary nutritionist with the Food and Drug Administration's Center for Veterinary Medicine in Rockville, Maryland. "To call them filler—well, they're just alternative protein sources. Some foods are pretty rich in fiber versus meat."

Too much of a good thing can be bad. You don't want your pets to overdose on sodium, phosphorous, calcium, or protein. Such excess may lead to disease. Or, it could throw your pet's system out of whack. Remember that pet foods constitute a balanced diet. Consult your veterinarian before supplementing that diet with extra vitamins and minerals.

WE DON'T WANT NO FAT CATS

Pets require different nutrition at various stages of their lives. Young, active dogs need a higher calorie diet than their older, more sedentary counterparts. Working dogs must consume more calories than dogs whose main function is greeting you at the door. Most pet foods are geared toward a middle-of-the-road animal. If you think your pet requires a special diet, consult your veterinarian. Putting your pet on an improper diet could lead to medical problems.

For instance, overweight cats whose diets are suddenly restricted may develop hepatic lipidosis, a severe, life-threatening disease.

Obesity is a major problem among America's pets, mainly because we tend to think of our dogs and cats as human. We give them snacks, feed them from the table, and believe that they crave the same taste sensations we do. They don't. And our generosity may be undermining their health.

"When you think about it, most table scraps are gravy and bits of fat. That really adds a lot of calories to a pet's diet," Dzanis says. Not only that, but it teaches our pets to expect food whenever we eat.

To keep your pet fit and trim, control the amount of food it eats. Pet food manufacturers can make few nutritional claims because of national regulations, so they concentrate on improving the taste of their products. This is a mixed blessing, according to some veterinarians.

"Unfortunately, most foods have become too palatable," says Kansas veterinarian Morris. "They taste too good. It leads to overeating, and overeating leads to obesity."

To prevent overeating, some experts recommend a once-a-day feeding schedule. That keeps your pet from gorging on bowls of delicious, unattended food. Other professionals advise that you leave food in your dog or cat's dish so that it can nibble whenever it's hungry. Choose whichever method works best for your pet. Just be sure to control the total amount of food it eats so that it maintains the proper weight. And, despite what you may hear on television, animals do not prefer variety. They just want to eat.

KITTY MYTHS

Some myths about cats' food preferences have worked their way into popular belief. Like the one about fish. "Cats don't live near the seashore. Fish producers came up with the idea that cats want fish," says Loren Will, D.V.M., from Iowa State University. Actually, cats prefer meat, even more than do dogs.

And the one about milk. Cats don't actually crave milk, although some do like the taste, says Dr. David Dzanis, with the FDA's Center for Veterinary Medicine. Some cats can't tolerate milk; it gives them diarrhea. If your pet shows no signs of suffering from drinking milk, there's nothing wrong with giving your cat a small plate of milk occasionally. Limit the servings, though, because too much calcium could unbalance your cat's diet.

WHAT PRICE QUALITY?

You can spend top dollar on food for your dog or cat. Should you? That depends on your pocketbook. Most experts say the difference between prices is the result of "slightly better" ingredients in premium priced products.

That means that more expensive pet foods more closely resemble the quality we put on our own table. For the most part, the difference between high-priced and less expensive pet foods is similar to the variation between prime and choice cuts of meat. "You choose a T-bone steak, and I choose a hamburger. We're still going to get what we need," says Van Dyke.

Farrell agrees. "It's like going in an economy car or a luxury car. You can choose."

"There's nothing wrong with those brands if a person can afford to spend the money," Dzanis adds. "On the other hand, people shouldn't feel guilty if they get a regular brand versus a premium brand."

Loren Will, D.V.M., from Iowa State University's College of Veterinary Medicine, cautions that he has seen malnourished dogs and cats who've been fed continuous diets of the cheapest generic or locally manufactured pet foods. Your pet has to eat much larger quantities of that food to get the nutrients it needs. That means that in the long run, your animal will eat more—and you will spend more—trying to get the proper nutrition.

Packaging also affects the price of pet foods. Canned foods generally cost more than dry products because they contain water and are heavier to ship. Experts agree that there is no difference—nutritionally—between canned and dry foods. If you choose dry food, you should make sure to provide a bowl of water beside your pet's food dish. Water is essential to a pet's health.

Some manufacturers of premium foods claim that their products will produce a better stool. That may be a consideration, Buffington says, if you work all day, or live in a city and can't put your dog out frequently. But, in general, fewer or firmer bowel movements benefit the owner—not the pet.

The best advice on feeding your pet will come from your veterinarian, who is familiar with your animal. If your veterinarian recommends an expensive brand of food that he or she just happens to sell, you might want to ask for the name of a less expensive brand formulated to do the same things.

Will cautions against getting too concerned about searching for the perfect pet food. "We can become paranoid about our pet's health," he says. "National brand pet foods are very adequate. And, overall, they're the cheapest."



"There may be less meat in your diet, but it's still a very important part of hers."

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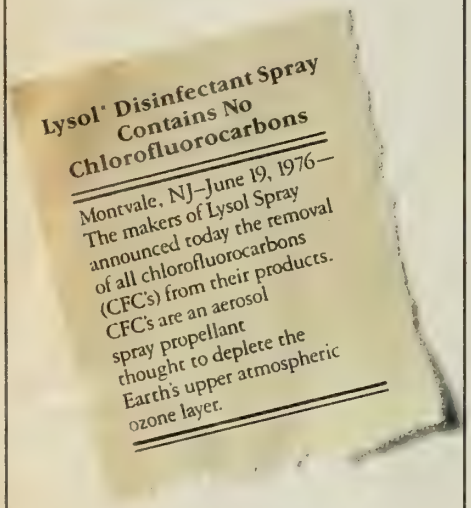


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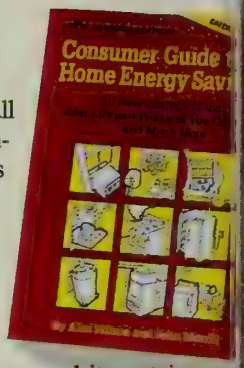


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GOOD BOOKS FOR COMPLICATED PROBLEMS



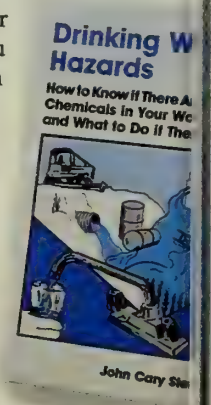
Many Americans have found that today's environmental choices, from water filters to pesticides to energy-efficient appliances, are anything but simple. So where do you find in-depth information when a home-related environmental problem requires serious study? Here are three very helpful books we've found to be both detailed and easy to understand.

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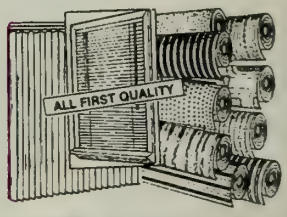
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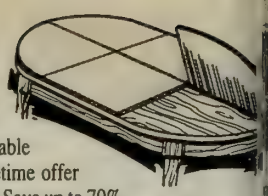
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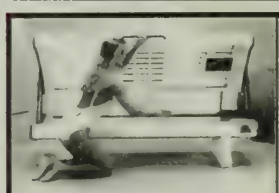
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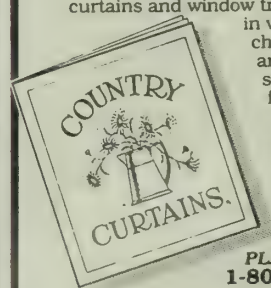
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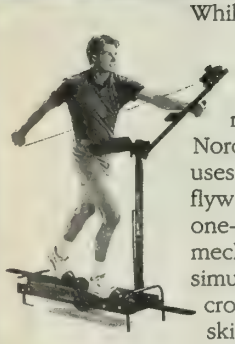
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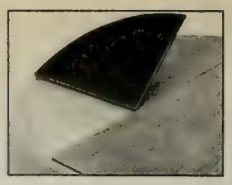
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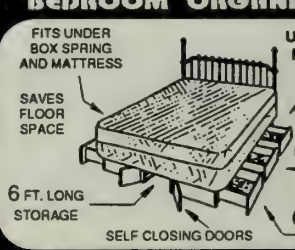


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THE MAN NEXT DOOR

JUNE 1992

■ Ned Carter reports that his auto mechanic has narrowed down the possible reasons that Ned's clunker stalls in rainy weather. "Joe says it's either a carburetor problem or low self-esteem," reports Ned.

■ "The real first day of summer," argues Dot Dresch, "is the day that the grocery store manager moves the charcoal from aisle 9-B to the checkout area."

■ "We wouldn't need to reform the health care system," avers Doctor Bob Hannelly, "if more folks reformed their own bad habits."

■ Our Judy, aged 10, suspects that the only reason middle names exist is so parents have something to call you when you're in big trouble.

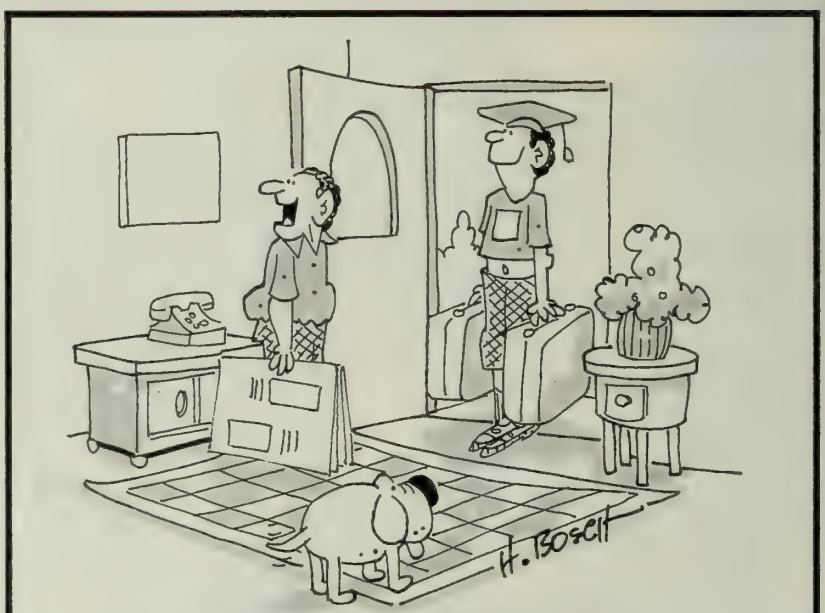
■ Rosemary writes from college that this spring's top economics senior is hoping his high academic status will at least earn him a bit of seniority on some company's messenger staff.

■ Congressman Nick Hanfli declares that things are getting so bad in Washington that "the voters are beginning to take the late-night TV comedians seriously and are just laughing at the politicians!"

■ Teacher Leroy Smith asserts that the shortest recorded span of time is the interval between the end-of-class bell and the first student out the door.



"This is the tough part. It says 'pour contents into a CLEAN saucepan.'"



"Good news, dear, our second mortgage is home."

■ Grandma Hillis can't figure out why young parents these days spend so much time with child-rearing books to get their questions answered. "All they really have to do," she says, "is ask me."

■ Flo Goebel reports that she isn't entirely certain what it takes to attract a man nowadays, but about all it takes is a can of bait and a fishing rod to get rid of him for the weekend.

■ Soon-to-be-wed Dave Bohen confides that the question used to be whether he could afford to get married. Today, it's whether anyone can survive without a second wage earner in the house.

■ Isabel Norman can't understand why one can send a message around the world in less than a second, but it takes at least an hour for husband Bill to get the word that it's his turn to take out the garbage.

■ "Most folks eventually can see the handwriting on the wall," declares the Rev. George Hall, "although most of them continue to insist that it is addressed to someone else."

This school year has been one of mixed successes for our children.

Rosemary didn't make the honors list that she had hoped to achieve at college. Burt, Jr.'s high school baseball team had a good year, but missed getting into the regional tournament last month. And Judy, aged 10, lost out on the starring role in her school's spring play.

Christine and I don't consider such experiences to be setbacks, however. We're simply pleased that each of the kids sets some goals for personal achievement. That sometimes seems a rare quality among children today.

We know our youngsters can't always come out on top, but we've tried to instill in them the conviction that one can always try again.

The children learned more than that, however. As Rosemary confided to us last weekend, "We've learned that we don't always have to be first in everything to be loved and appreciated at home."

Burton Hillis